700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 12)*

- THE INSTRUCTIONS FOR *(LEVEL 12)* ARE TO BE USED WITH THE *(LEVEL 12 DRAWING)*

1. To assemble the **LEG CURL/EXTENSION CABLE**, follow the cable routing diagram on drawing, and use the following steps:

   - SECURELY assemble the **LOOP** end of the **LEG CURL/EXTENSION CABLE** to the **CAM** of the **LEG CURL/EXTENSION ARM** as shown on drawing, using one (1) 5/16 X 1 IN. BOLT, two (2) 5/16 IN. S.A.E. WASHERS, one (1) 5/16 IN. LOCK WASHER, and one (1) 5/16 IN. NUT.

   - Route the **LEG CURL/EXTENSION CABLE** as shown on drawing. **(ALSO SEE VIEW B-B)**

   - Run the **LEG CURL/EXTENSION CABLE** through the pre-determined hole of the **D-RING** as shown in **(DETAIL A)** and attach one (1) D-RING CABLE CLIP around the ball end of the **LEG** CURL/EXTENSION CABLE.

2. Attach one (1) **SHOCK CORD** to the **D-RING CABLE CLIP** on the end of the **LEG CURL/EXTENSION CABLE** as shown in **(DETAIL A)**.

3. Route the **SHOCK CORD** up and around the pre-determined 2 IN. PULLEY above the **D-RING** as shown in **(VIEW C-C)**, and down to the **BASE**.

4. Attach one (1) SWIVEL to the end of the **SHOCK CORD**. Slip the end of the SWIVEL over the **L-PIN** on the **BASE**, and position the SWIVEL directly over the **FIRST PULLEY** as shown in **(VIEW B-B)** on drawing.

5. Slide two (2) 1/2 IN. VINYL CAPS over the **L-PINS** on the **BASE** as shown on drawing.

6. Adjust the height of the **D-RING** on the **D-RING CABLE** by raising or lowering the two (2) 1/4-28 IN. NUTS. **(THE D-RING SHOULD REST JUST BELOW THE D-RING CABLE CLIPS ON THE CABLE ENDS)**. When the correct height is obtained **SECURELY** tighten the two (2) 1/4-28 nuts together.

NOTE: **IF ASSEMBLING THE PEC DEC ATTACHMENT OR THE LEG PRESS ATTACHMENT NEXT, STOP HERE AND REFER TO THOSE ASSEMBLY INSTRUCTIONS. IF ONLY ASSEMBLING THE BASE UNIT, CONTINUE ON WITH THESE ASSEMBLY INSTRUCTIONS.**

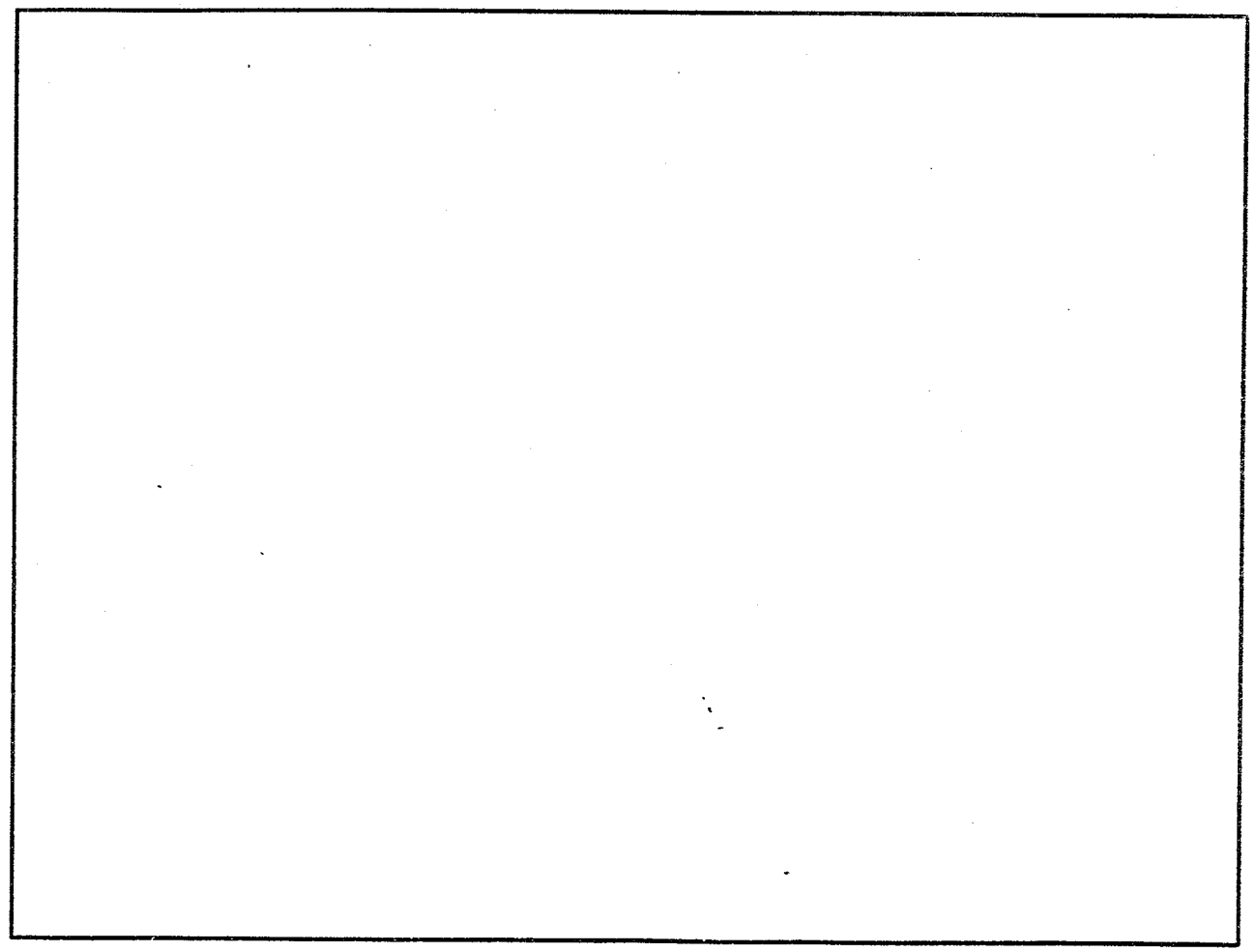
7. Wrap the **SHROUD** around the **CABLES** that route to the **D-RING**, and assemble the **SHROUD** to **BOTH SIDES** of the **MIDDLE UPRIGHT** as shown in **(VIEW D-D)** on drawing, using the fourteen (14) SHROUD FASTENERS.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 12)*
AND THE ASSEMBLY OF THE PARABODY 525 BASE UNIT.

Optima 04

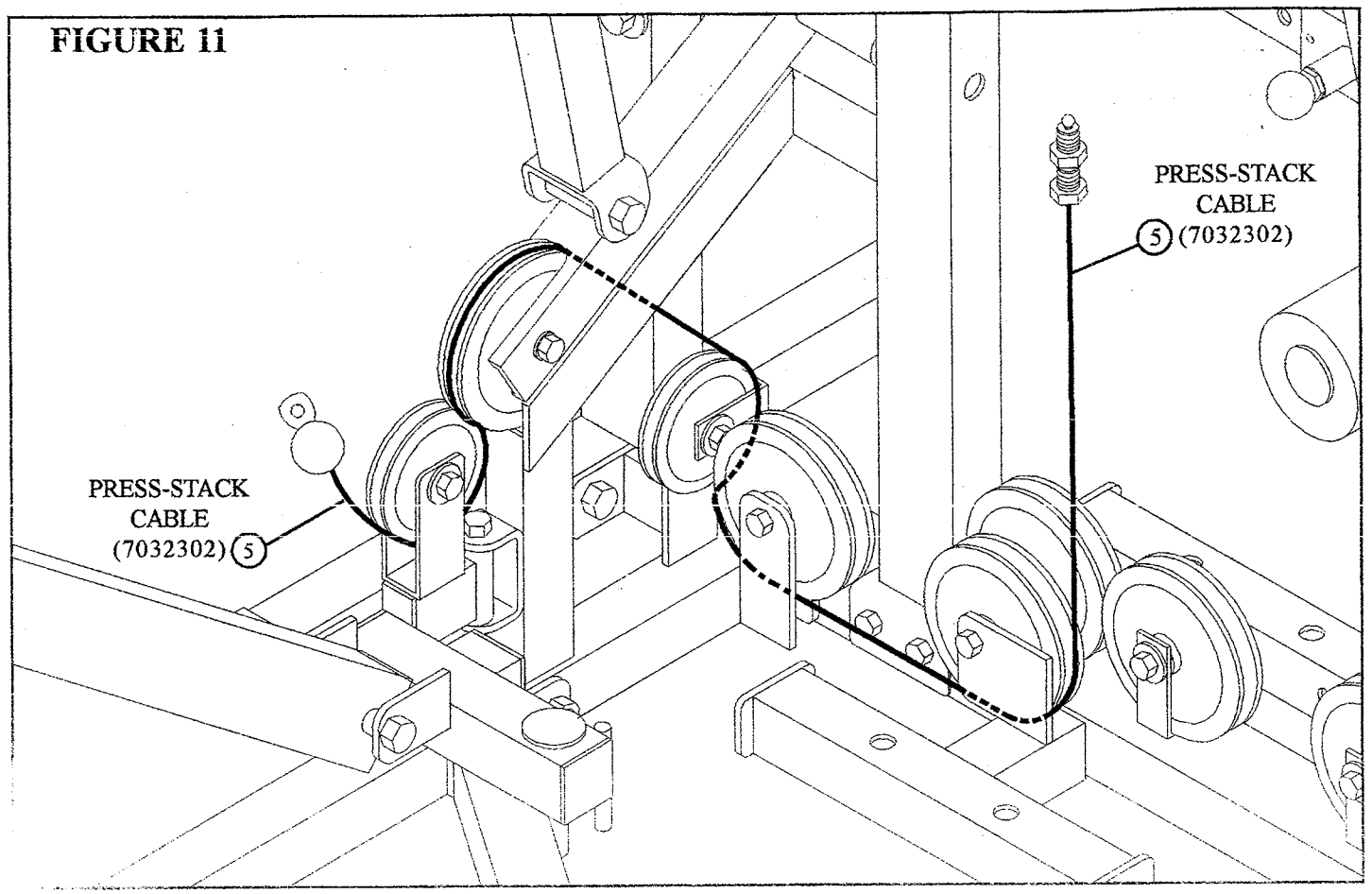
PARABODY
Strength Building Gear

700
PARABODY 525 HOME GYM
BASE UNIT



PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

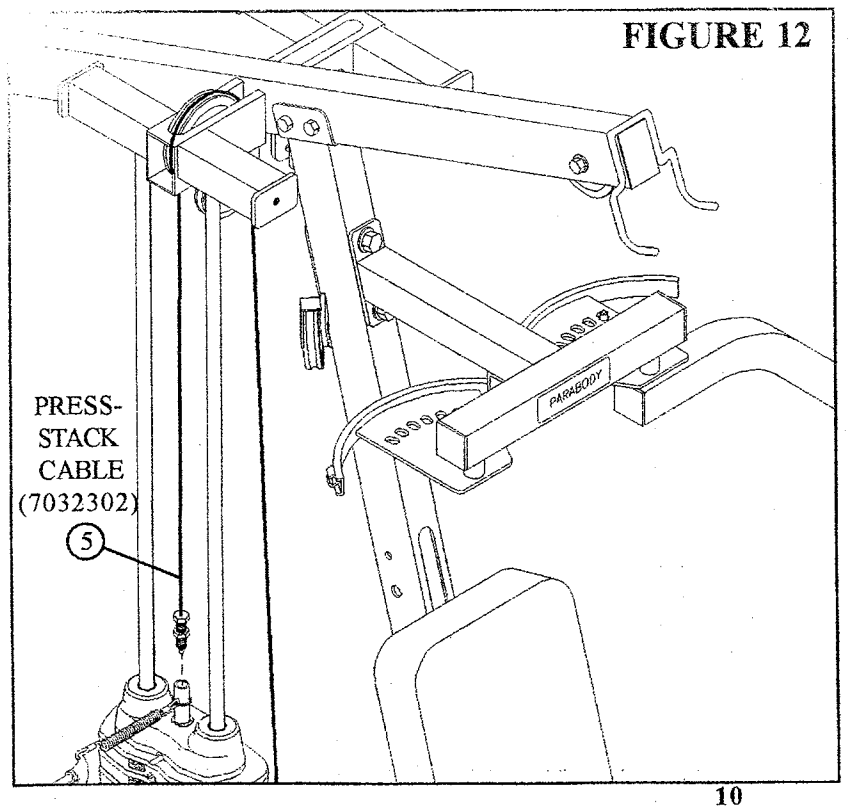
FIGURE 11



STEP 11

Route the new PRESS-STACK CABLE (5) around the pulleys and I-brackets as shown in STEP 11. **(Remove pulleys for ease of installation.)**

FIGURE 12



STEP 12

- **To assemble the PRESS-STACK CABLE (5) follow the cable routing as shown and use the following steps:**
  - Route the thread end of PRESS-STACK CABLE (5) up and over the PULLEY in the TOP BOOM above the WEIGHT STACK. **(Remove pulley for ease of installation.)**
  - Screw the threaded end of the PRESS-STACK CABLE (5) approximately 1" into the end of the SELECTOR SHAFT of the HEAD PLATE on the WEIGHT STACK as shown in FIGURE 12.
  - **SECURELY** tighten the pulley connection from the previous step.

STEP 13

- Snap two WEIGHT PLATE BUSHINGS (17) each, into the " top" side of fifteen WEIGHT PLATES (16) as shown in FIGURE 13.
- Slide the WEIGHT PLATE SHAFT (2) thru the hole in the HEAD PLATE(4), and lock in place using one 3/4" E-RING (18) as shown in FIGURE 13.

FIGURE 13

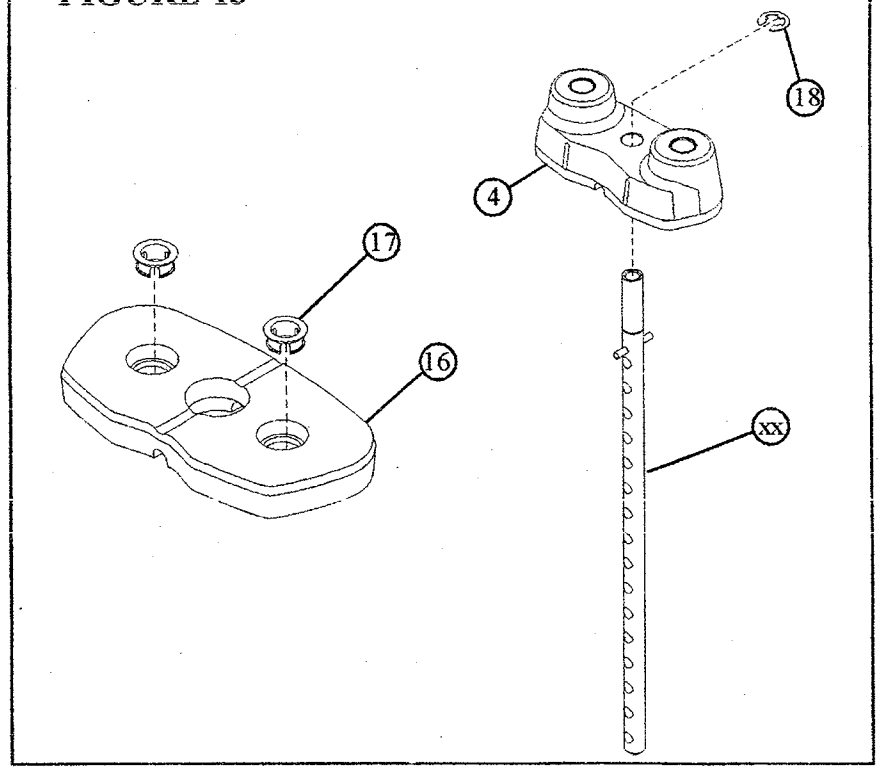
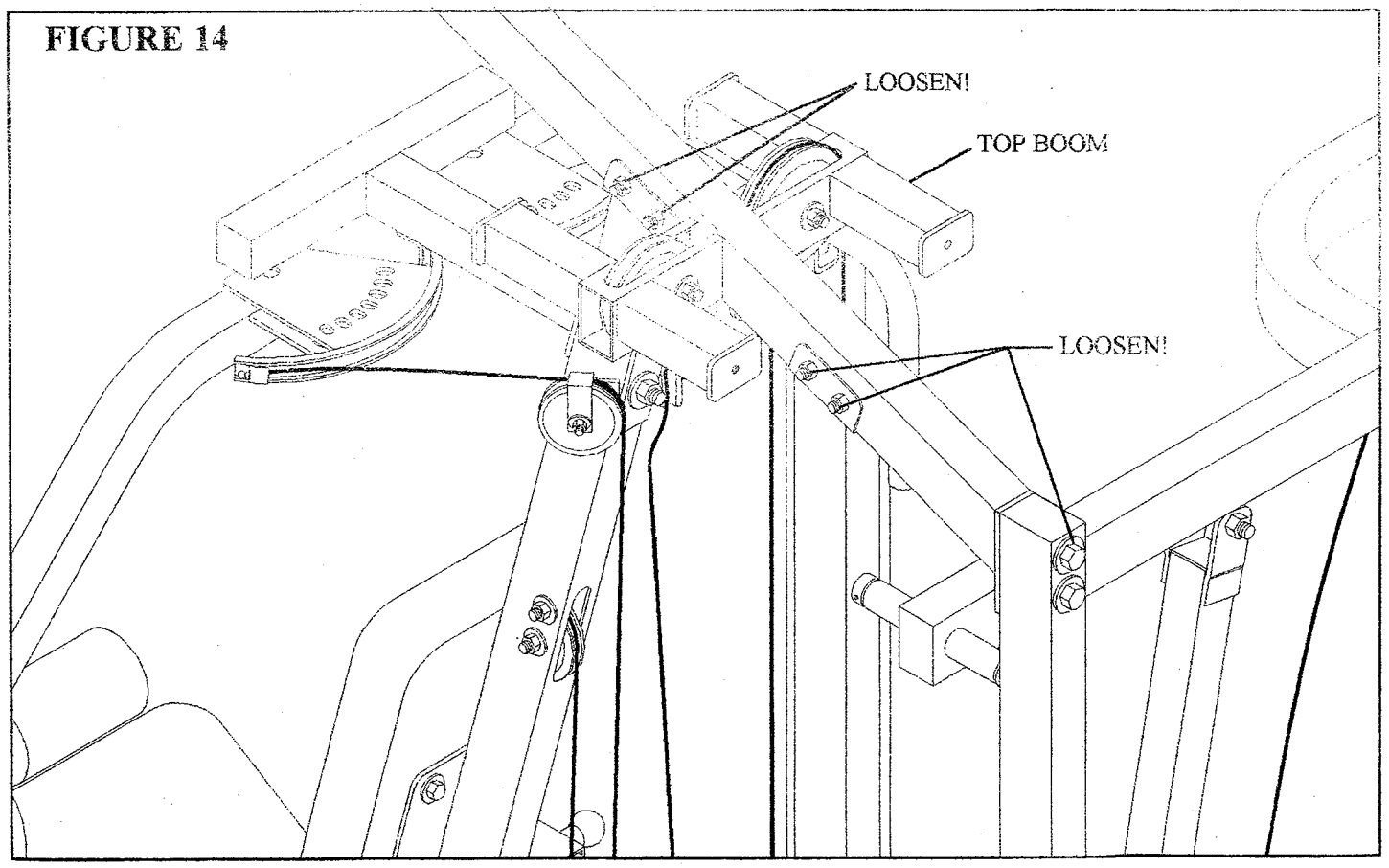
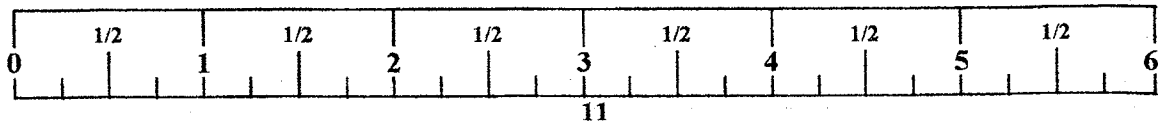


FIGURE 14



STEP 14

- **LOOSEN** the bolts holding the TOP BOOM to the UPRIGHTS. Bolts will have to be removed to install GUIDE RODS (1). See FIGURE 14.



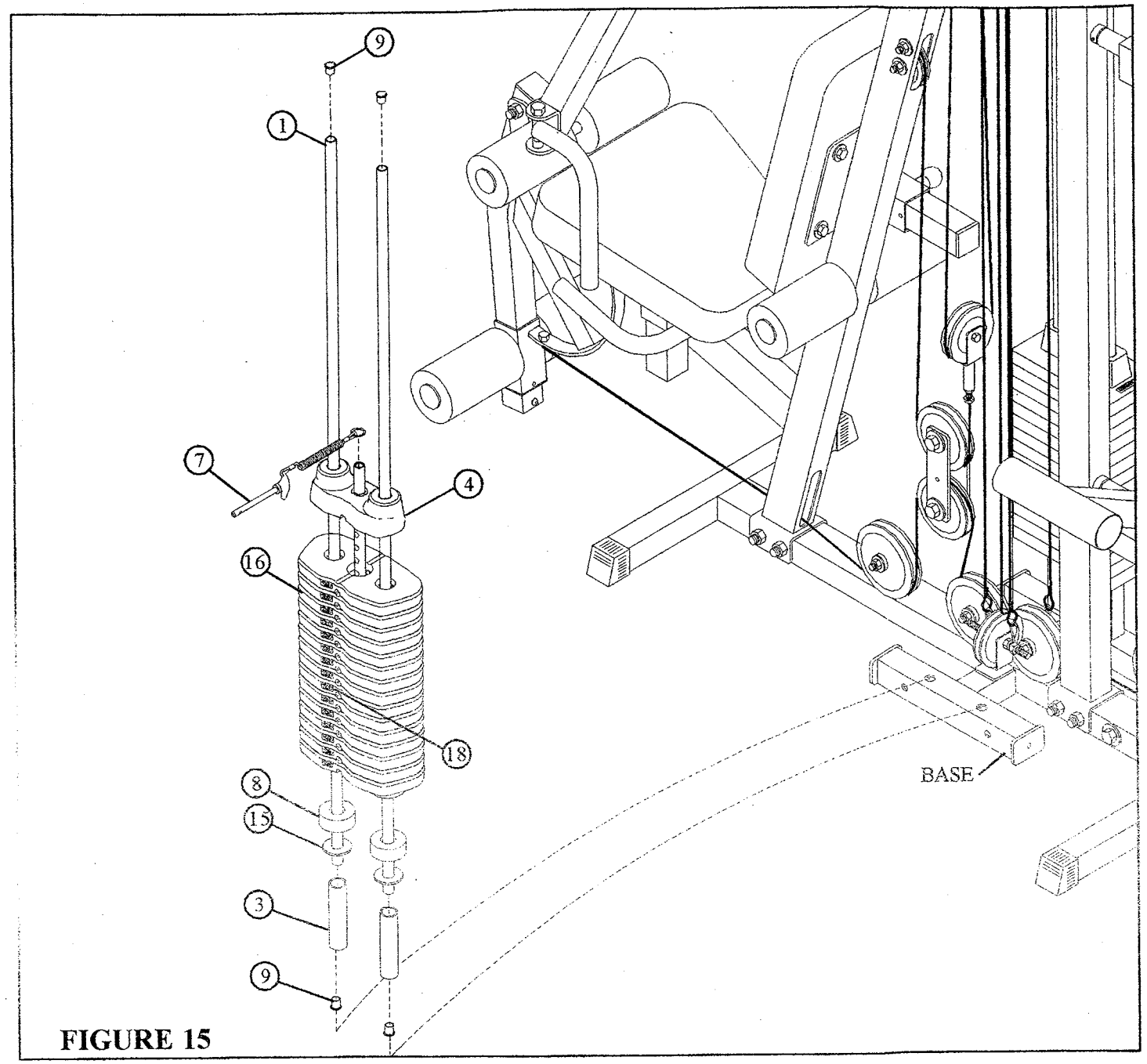
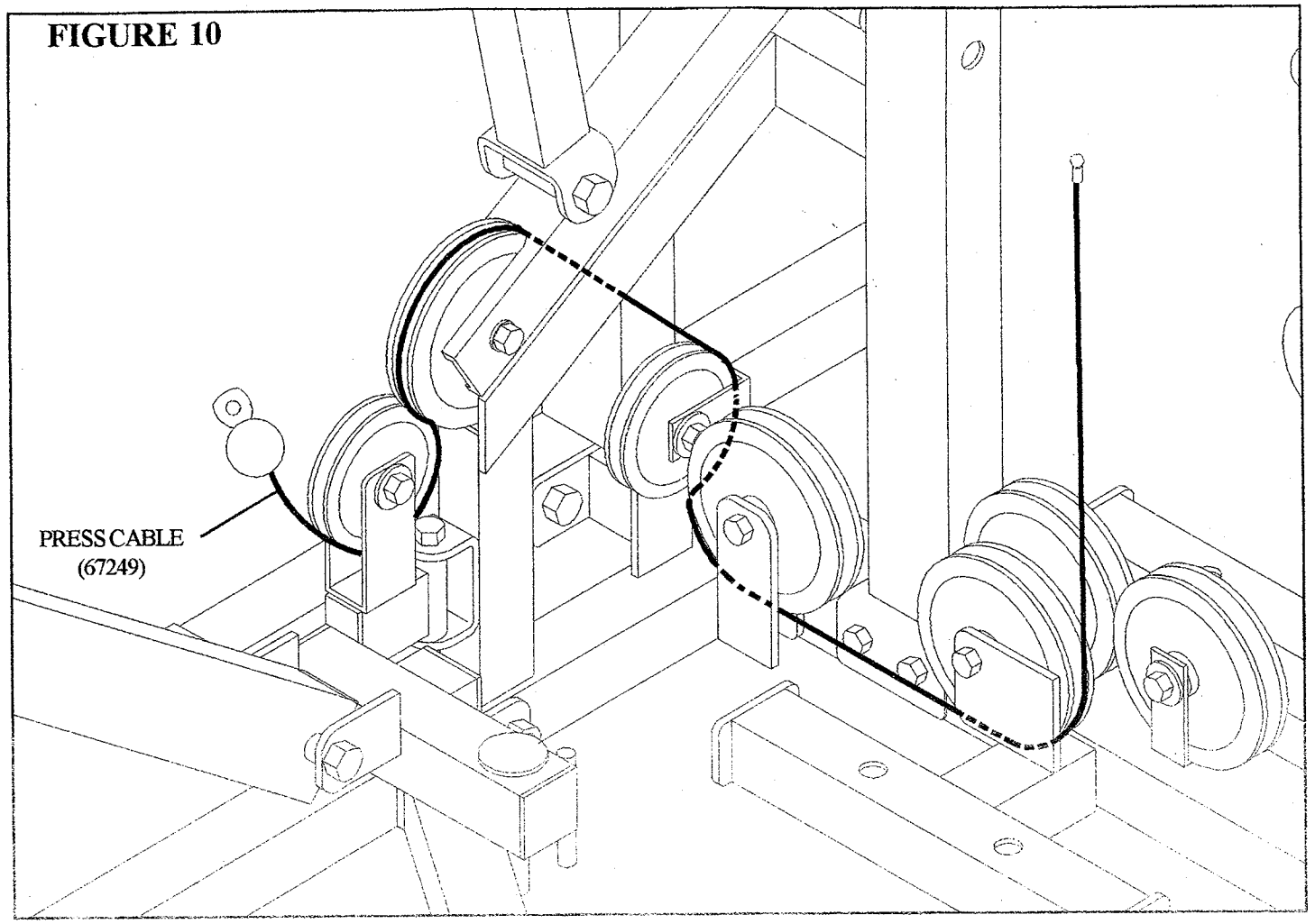


FIGURE 15

STEP 15

- Insert four CAP PLUGS (9) into the top and bottom ends of the GUIDE RODS (1) as shown in FIGURE 15.
- Insert two GUIDE RODS (1) into the BASE as shown on FIGURE 15. **(NOTE: Lubricate GUIDE RODS (1) with silicon or teflon spray available at most hardware stores.)**
- Slide two WEIGHT STACK SPACERS (3), two 3/4" WASHERS (15), and two WEIGHT STACK CUSHIONS (8) - **IN THAT ORDER** - down over the GUIDE RODS (1).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (16) down over the GUIDE RODS (1) on to the WEIGHT STACK CUSHIONS (8). Make sure that the keyholes of the WEIGHT PLATES (16) are all facing the right way. **(NOTE: If the 216101 50 LB. ADD-KIT is purchased refer to the 216101 ASSEMBLY INSTRUCTIONS now.)**
- Slide the head plate assembly down over the GUIDE RODS (1) onto the weight stack.
- Attach the WEIGHT STACK LABELS (18) to the weight stack. Also slide the WEIGHT STACK PIN (7) over the HEAD PLATE (4) as shown in FIGURE 15.

FIGURE 10



STEP 10

- **Carefully** remove and discard the PRESS CABLE as shown in FIGURE 10.

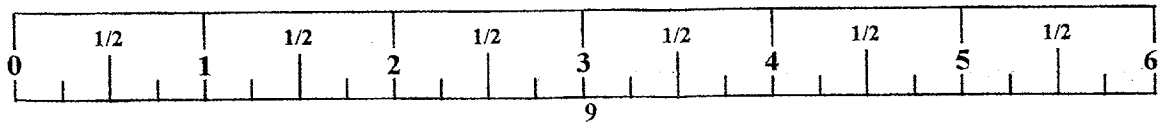
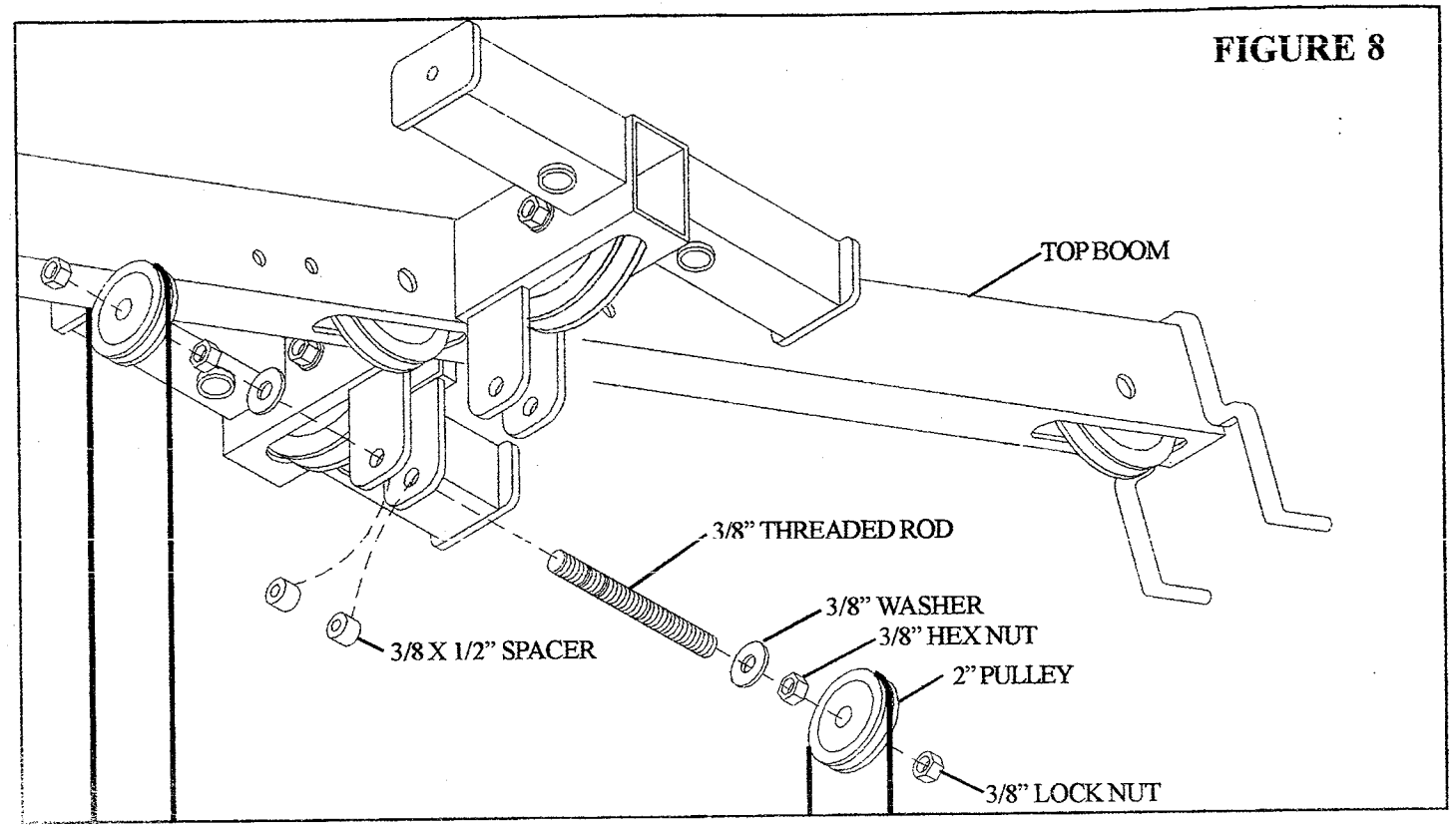


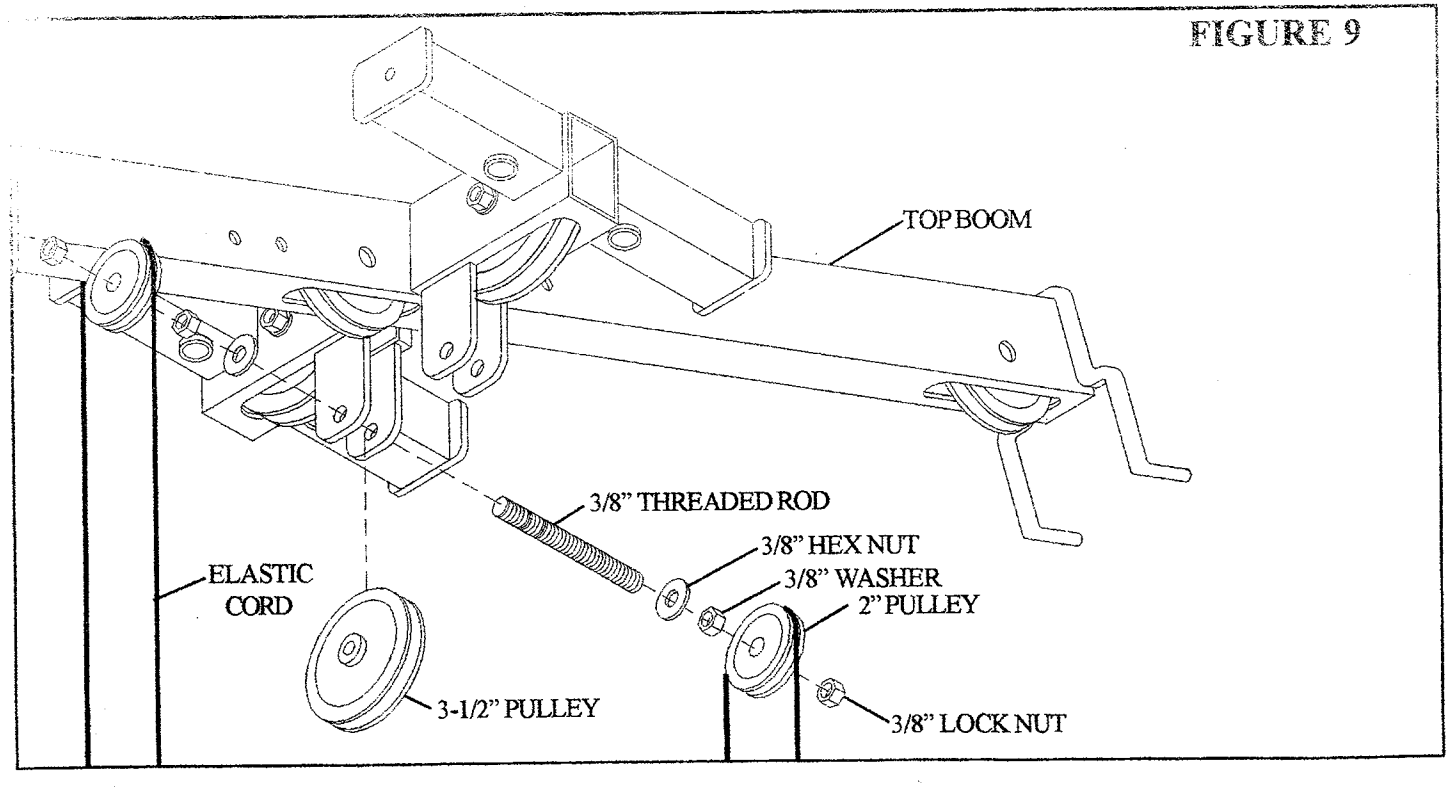
FIGURE 8



STEP 8

- Remove two 2" PULLEYS (5) to the rear bracket on the TOP BOOM using one 3/8" THREADED SHAFT (9), two 3/8" WASHERS, two 3/8" HEX NUTS (8), and two 3/8" LOCK NUTS (7) as shown in FIGURE 8.
- Discard the two 3/8 X 1/2" SPACERS.

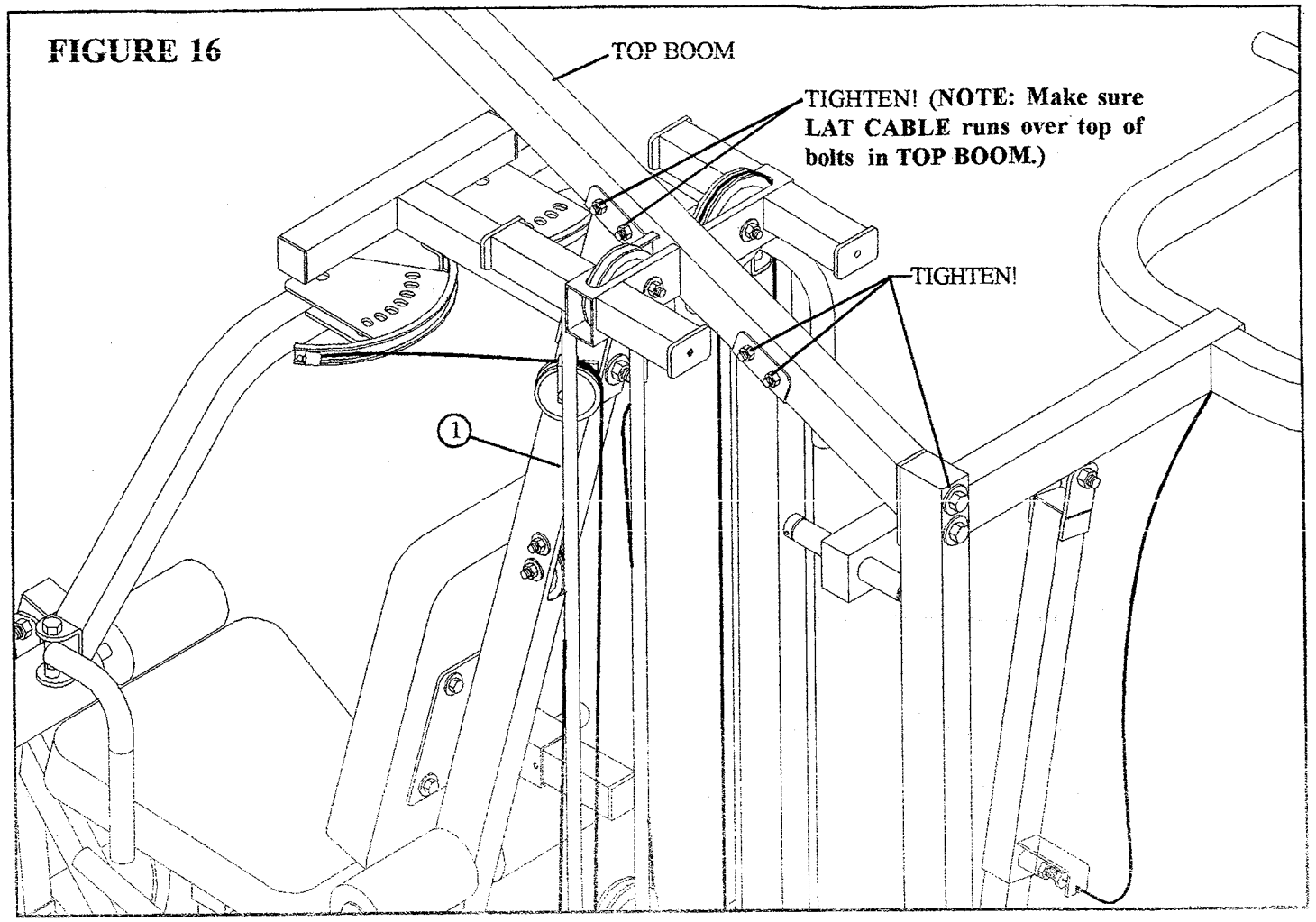
FIGURE 9



STEP 9

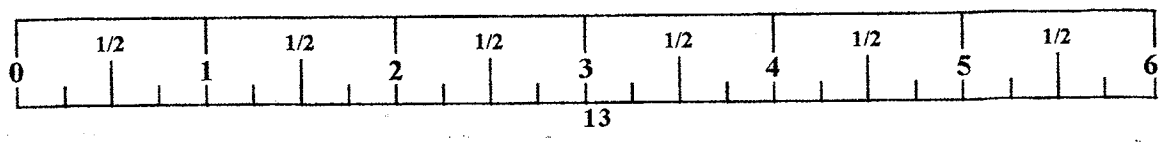
- **SECURELY** assemble the two previously removed 2" PULLEYS, one previously removed 3/8" THREADED SHAFT, one previously removed 3-1/2" PULLEY, two previously removed 3/8" WASHERS, two previously removed 3/8" HEX NUTS, and two previously removed 3/8" LOCK NUTS to the rear bracket on the TOP BOOM as shown in FIGURE 9.
- Position the elastic cords over the 2" PULLEYS as shown in FIGURE 9.

FIGURE 16



STEP 16

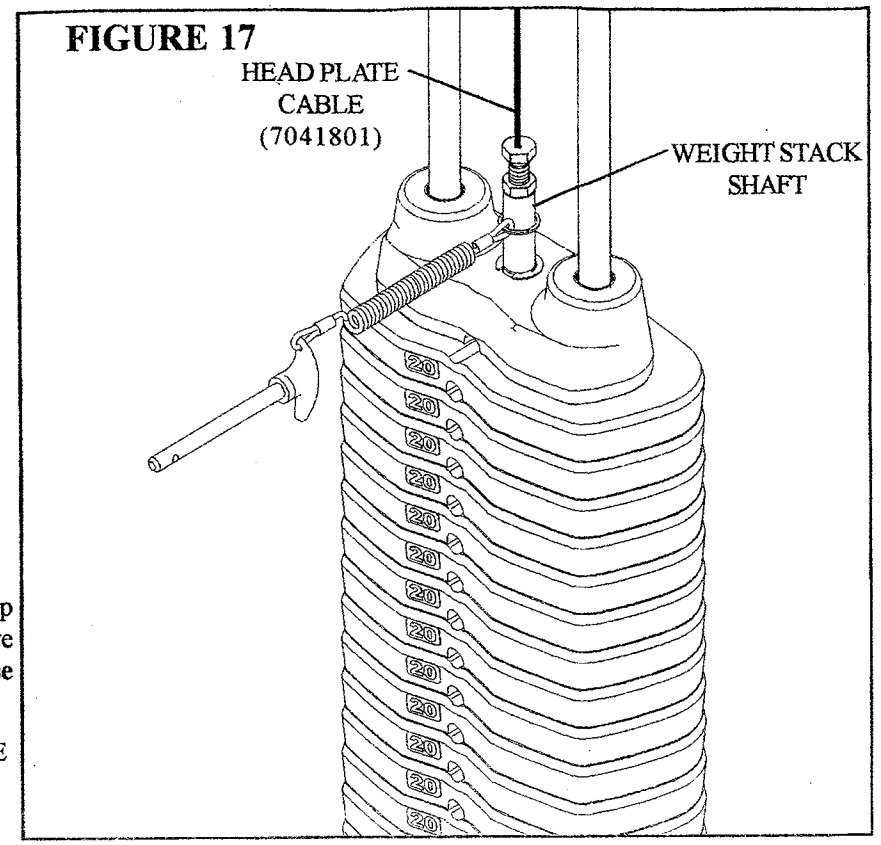
- **CAREFULLY** lift or tilt the TOP BOOM and insert all GUIDE RODS into the bushings. See FIGURE 16.
- With the GUIDE RODS (1) securely held in the TOP BOOM. Tighten all TOP BOOM connections. **(NOTE: Make sure the LAT CABLE runs over the top of the bolts in the TOP BOOM.)**



STEP 17

- Screw one of the threaded ends of the previously removed HEAD PLATE CABLE approximately 1" into the end of the WEIGHT STACK SHAFT. See FIGURE 17.

FIGURE 17



STEP 18

- Route the thread end of HEAD PLATE CABLE up and over the PULLEYS in the TOP BOOM above the WEIGHT STACK. **(Remove pulleys for ease of installation.)**
- Screw the other threaded end of the HEAD PLATE CABLE approximately 1" into the end of the shaft on the D-RING. See FIGURE 18.

SECURELY tighten the pulleys connection from the previous step.

Adjust out any slack in the two cable systems. (Refer to your 660101 instructions for the proper procedures.)

FIGURE 18

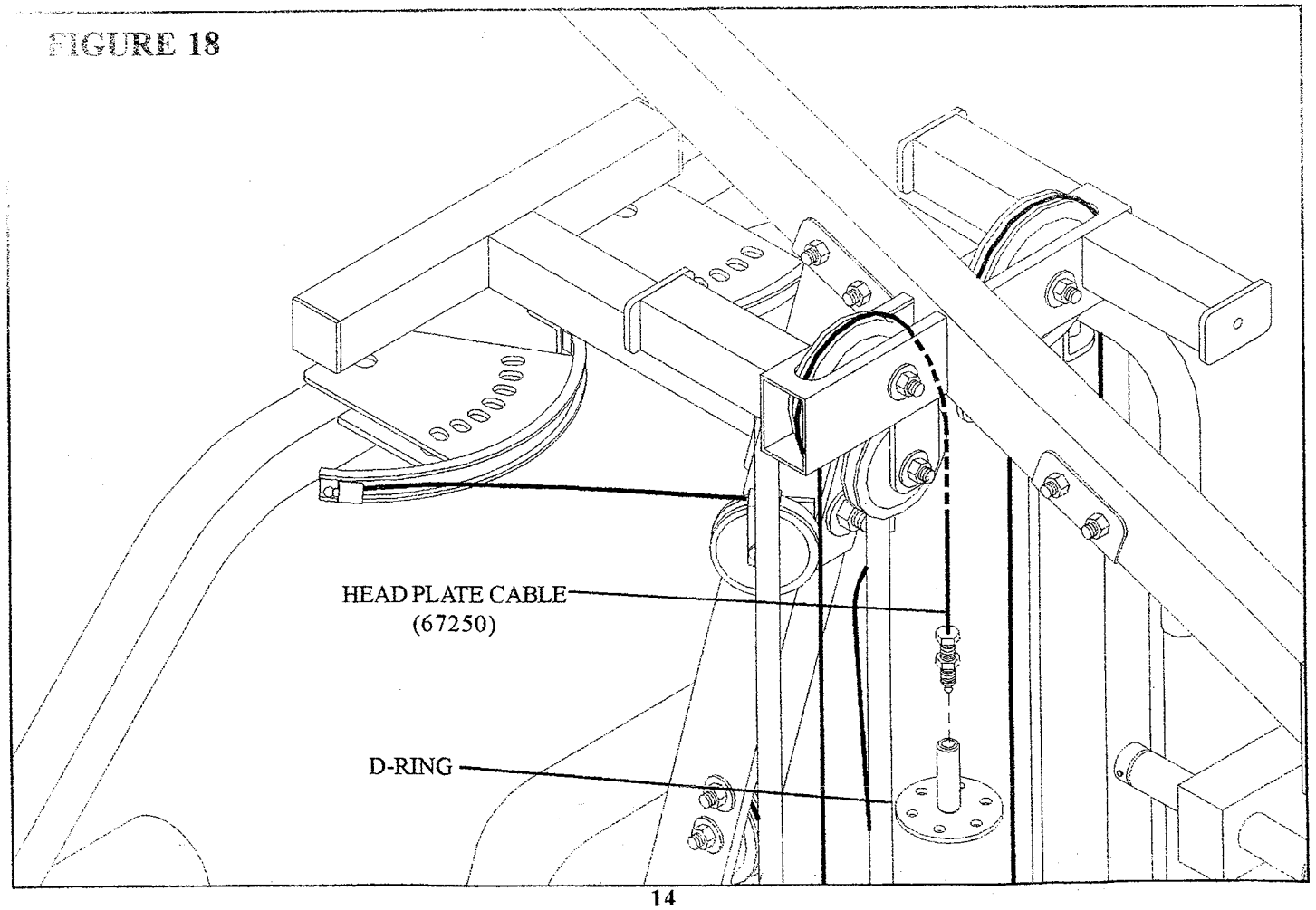
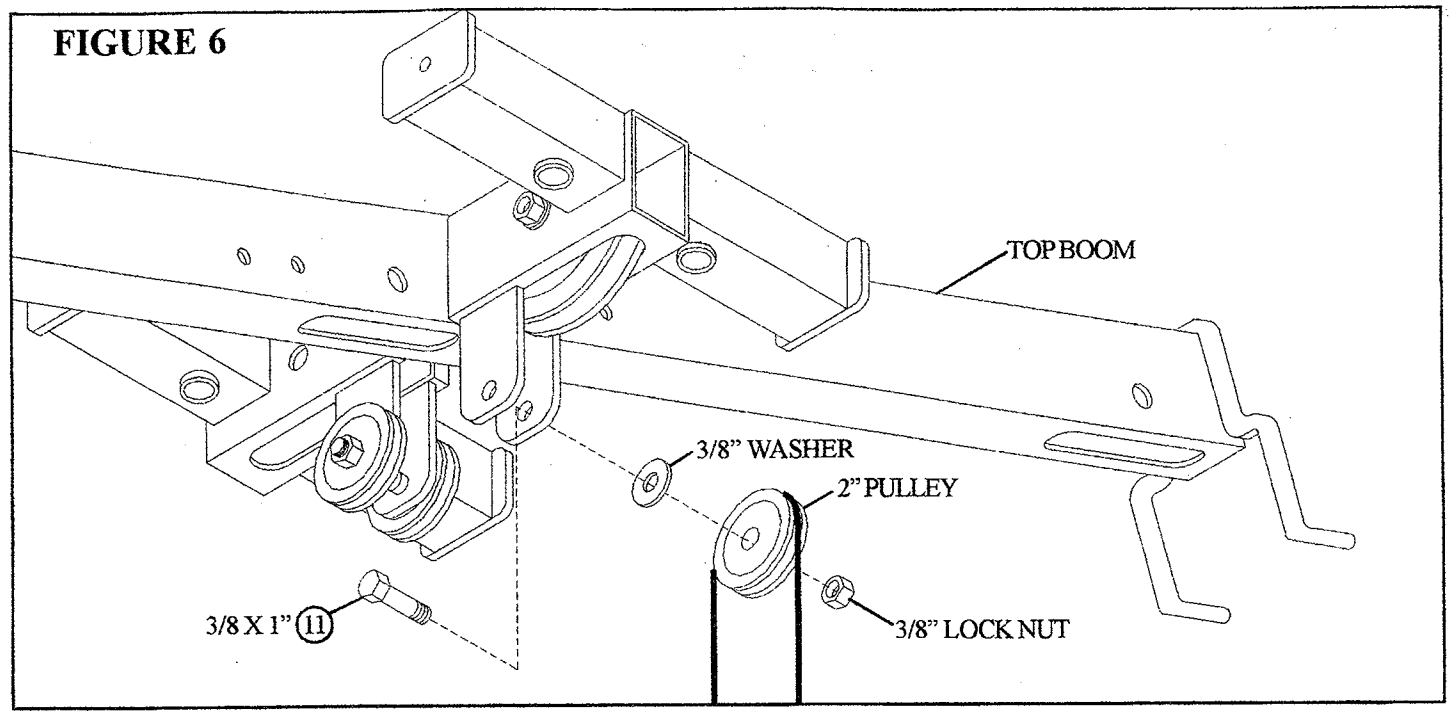


FIGURE 6



STEP 6

- **(NOTE: STEP 6 is only if the 100101 LEG PRESS OPTION is installed otherwise proceed to STEP 7.)**
- Assemble the previously removed 2" PULLEY to the bracket on the TOP BOOM using one 3/8 X 1" BOLT (11), one previously removed 3/8" WASHER, and one previously removed 3/8" LOCK NUT. See FIGURE 6.
- Assemble the previously removed ELASTIC CORD over the 2" PULLEY as shown in FIGURE 6.

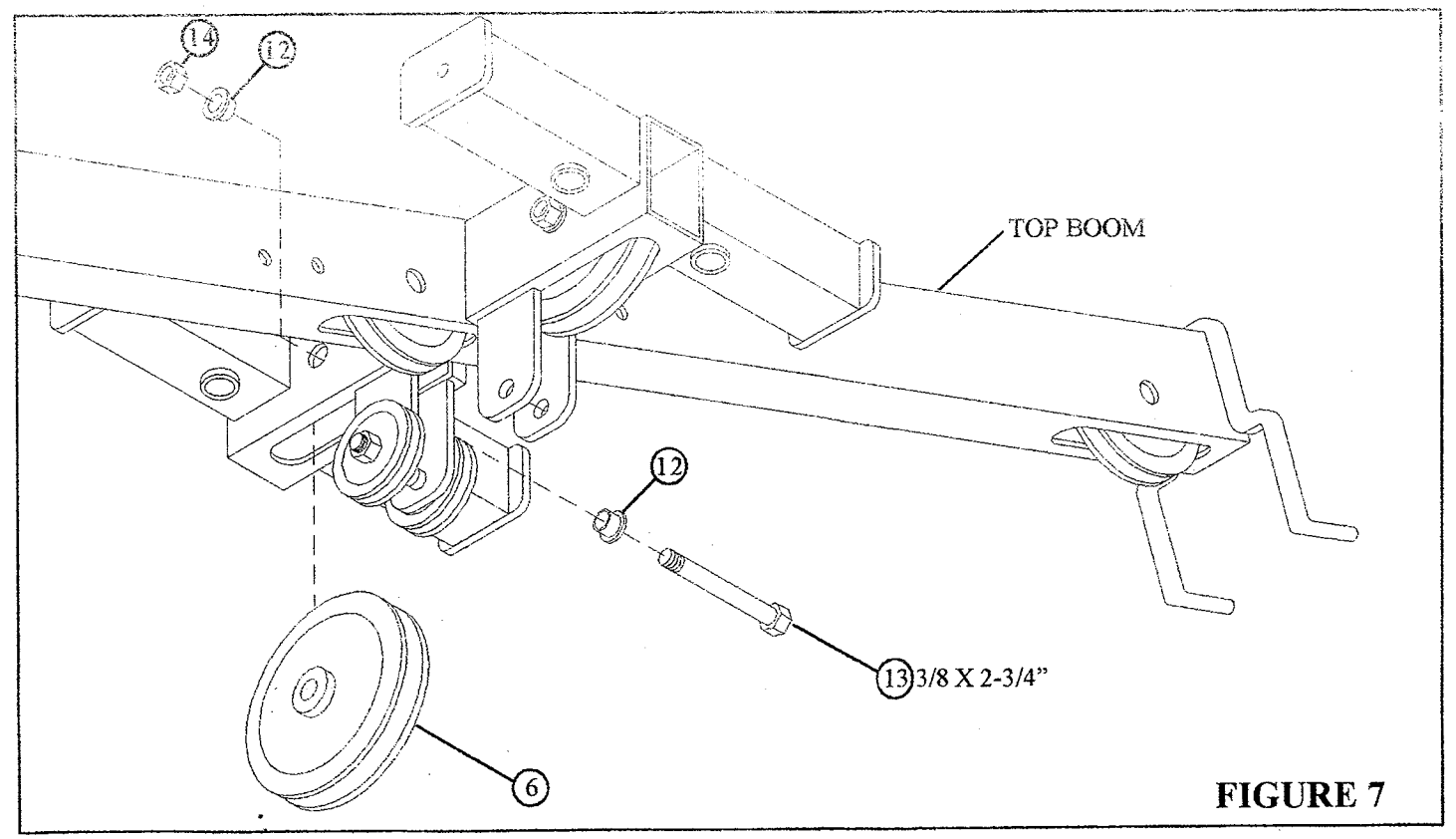


FIGURE 7

STEP 7

- **LOOSELY** assemble one 4-1/2" PULLEY (6) to the TOP BOOM using one 3/8 X 2-3/4" BOLT (13), two 3/8" FLANGE SPACERS (12), and one 3/8" LOCK NUT (14). See FIGURE 7.

STEP 4

- Remove the PRESS CABLE (67249) from the KEYHOLE CLEVIS and ELASTIC CORD. **(NOTE: The LAT or LEG EXT CABLE can be moved over one hole on the D-RING so the KEYHOLE CLEVIS are evenly spaced.)**
- Discard the KEYHOLE CLEVIS and ELASTIC CORD.

FIGURE 4

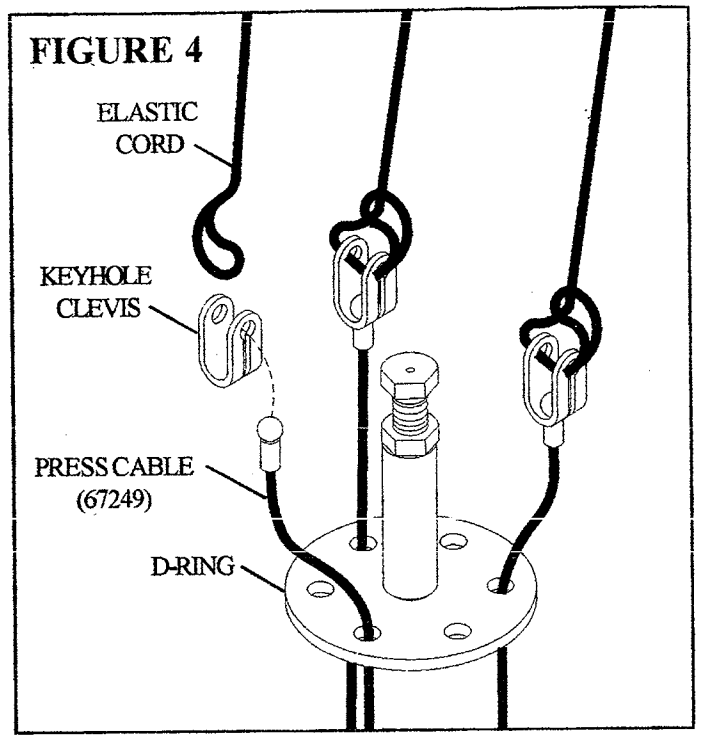
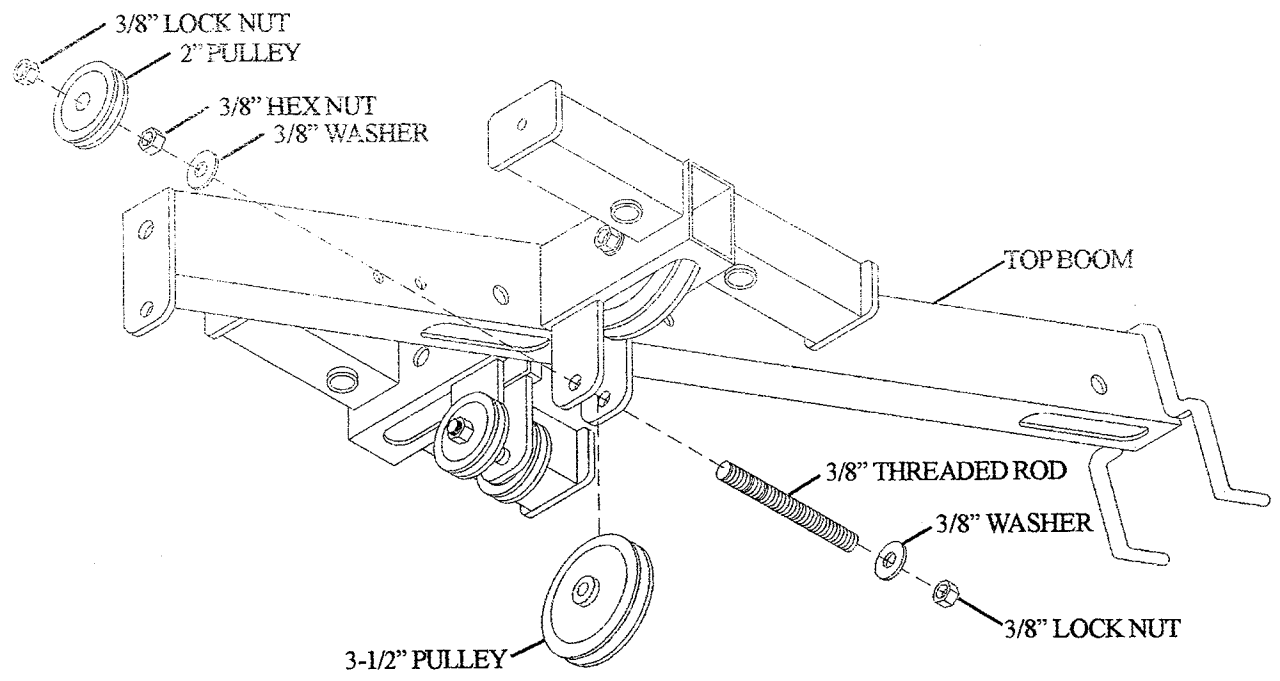


FIGURE 5



STEP 5

- Remove one 3-1/2" PULLEY, one 3/8" THREADED SHAFT, two 3/8" WASHERS, one 2" PULLEY (two if the 435104 is installed), one 3/8" HEX NUT and two 3/8" LOCK NUTS from the bracket on the TOP BOOM. See FIGURE 5.
- Discard the 3-1/2" PULLEY and the 3/8" THREADED SHAFT.
- **(NOTE: If the 100101 LEG PRESS OPTION is installed proceed to STEP 6 otherwise proceed to STEP 7.)**

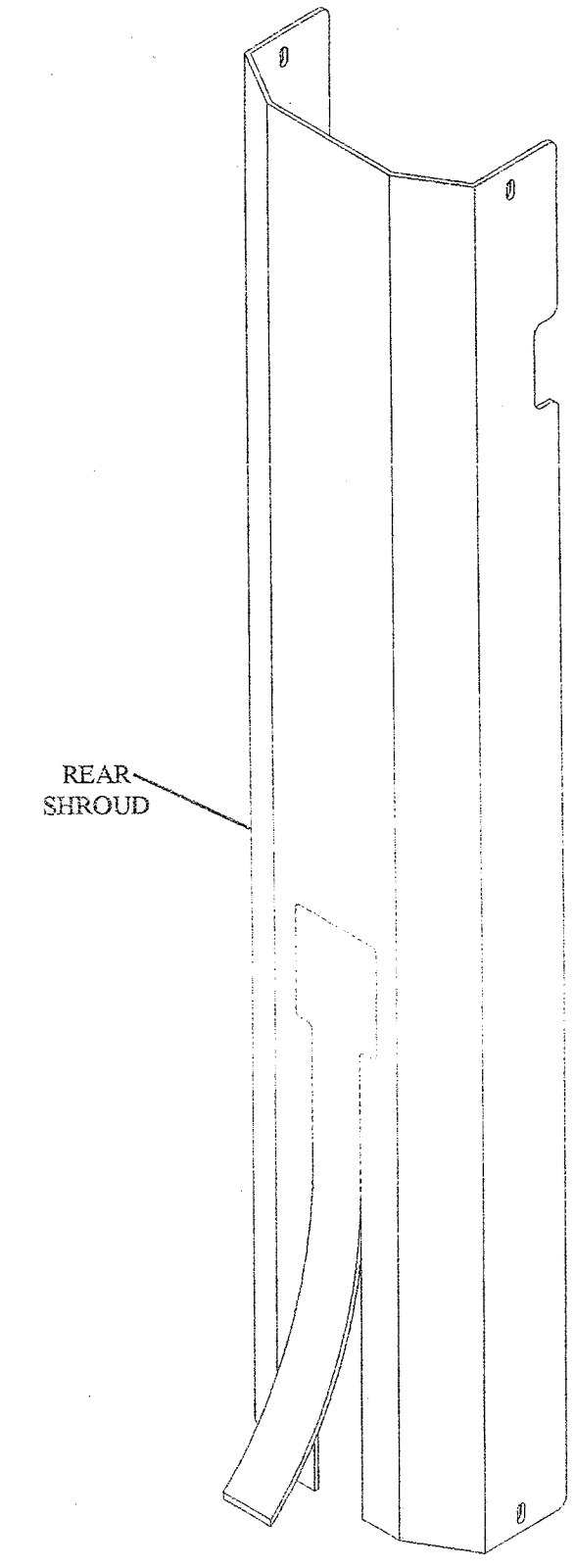
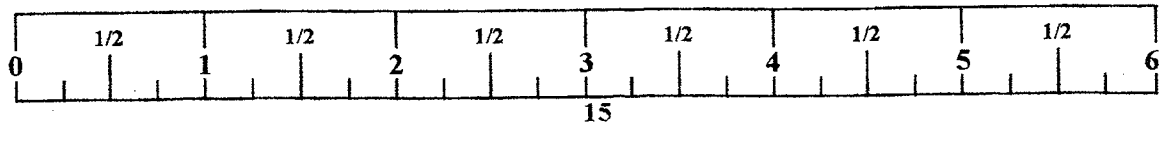
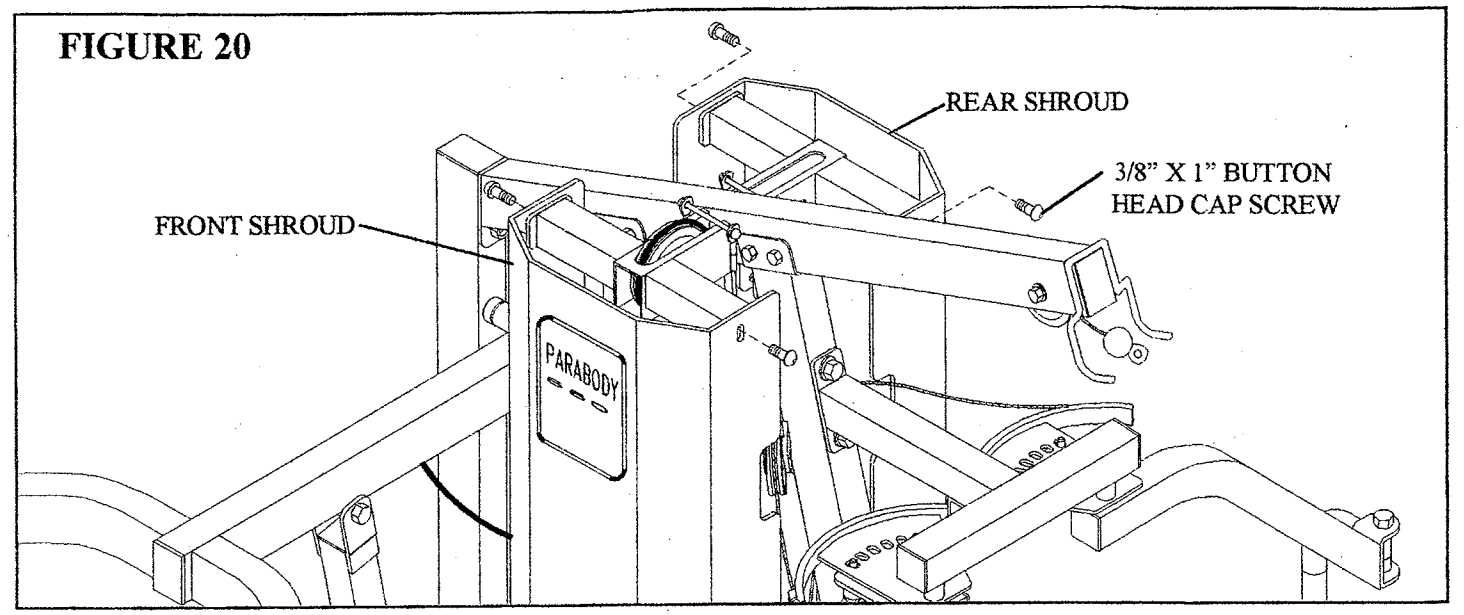


FIGURE 19

STEP 19

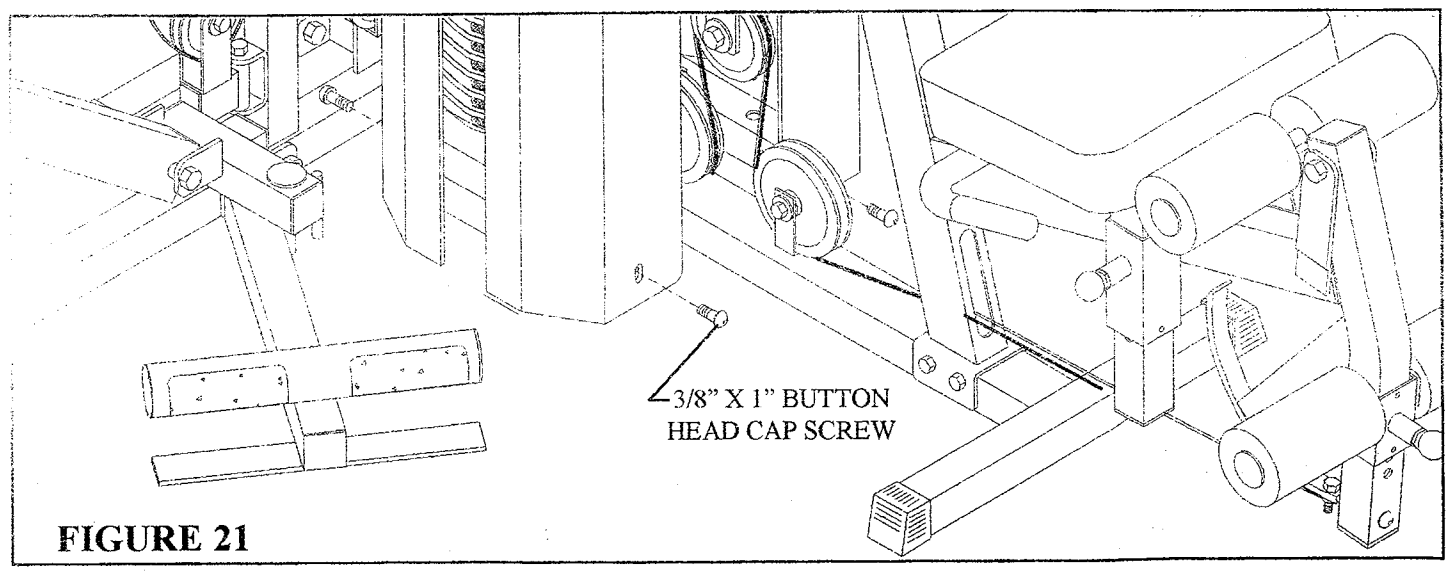
- The rear SHROUD opening must be removed. Apply pressure to the bottom of the SHROUD where the "V" groove is and carefuly remove the weight stack opening on the plastic SHROUD as shown in FIGURE 19.





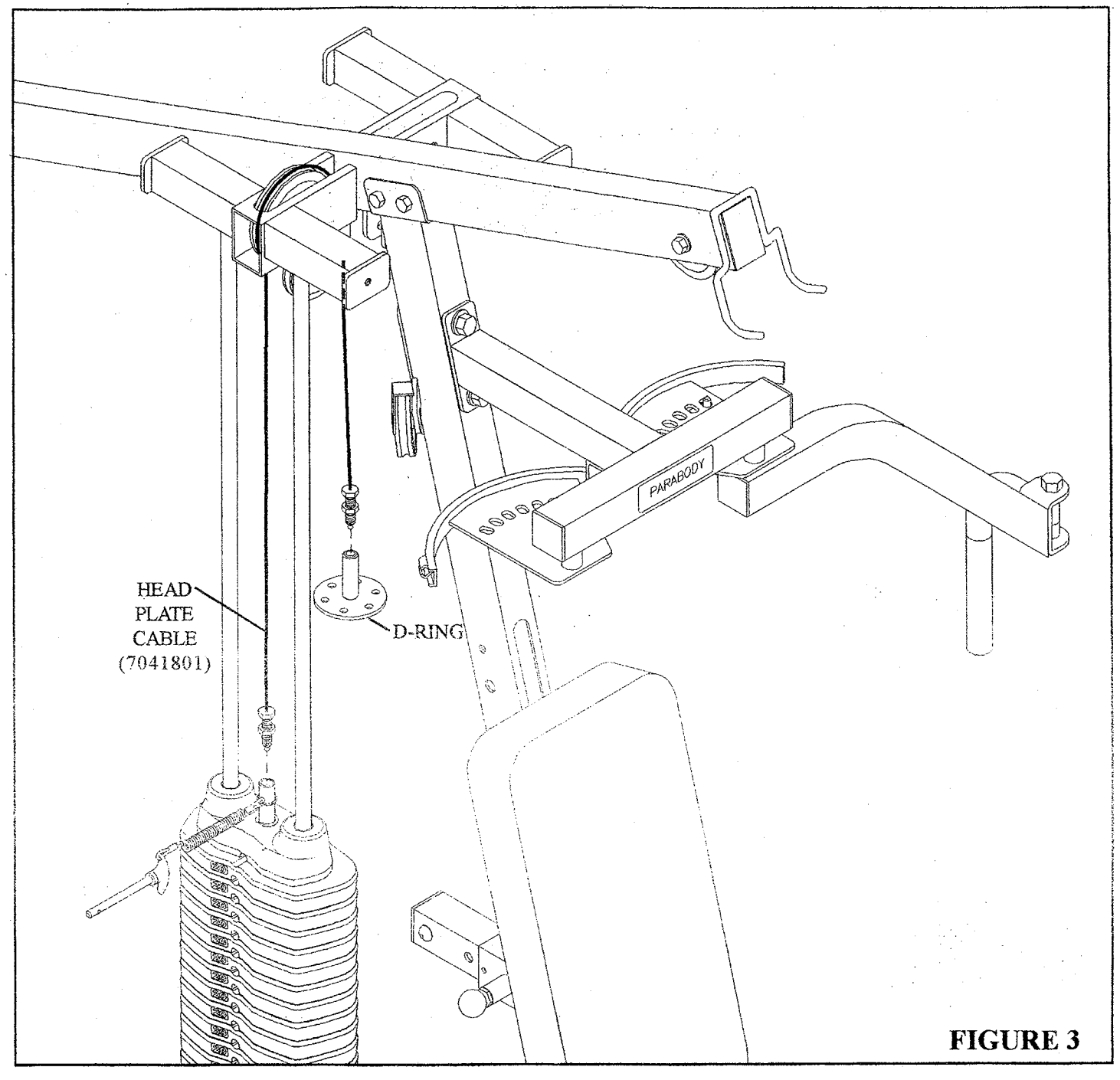
STEP 20

- **SECURELY** attach the four previously removed 3/8" X 1" BUTTON HEAD CAP SCREWS from the top of the front SHROUD & rear SHROUD. See FIGURE 20.



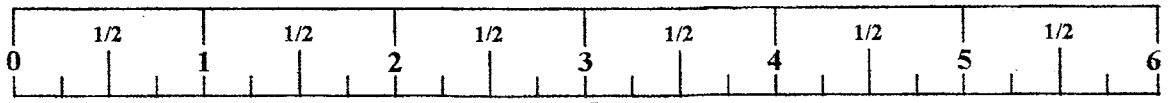
STEP 21

- **SECURELY** attach the four previously removed 3/8" X 1" BUTTON HEAD CAP SCREWS from the bottom of the front SHROUD & rear SHROUD. Remove the SHROUDS from the 425103 HOME GYM. See FIGURE 21.
- The PRESS STATION and SWIVEL LOW PULLEY are now operated with the front stack and the LAT, PEC, and LEG STATION are now operated with the rear stack.



STEP 3

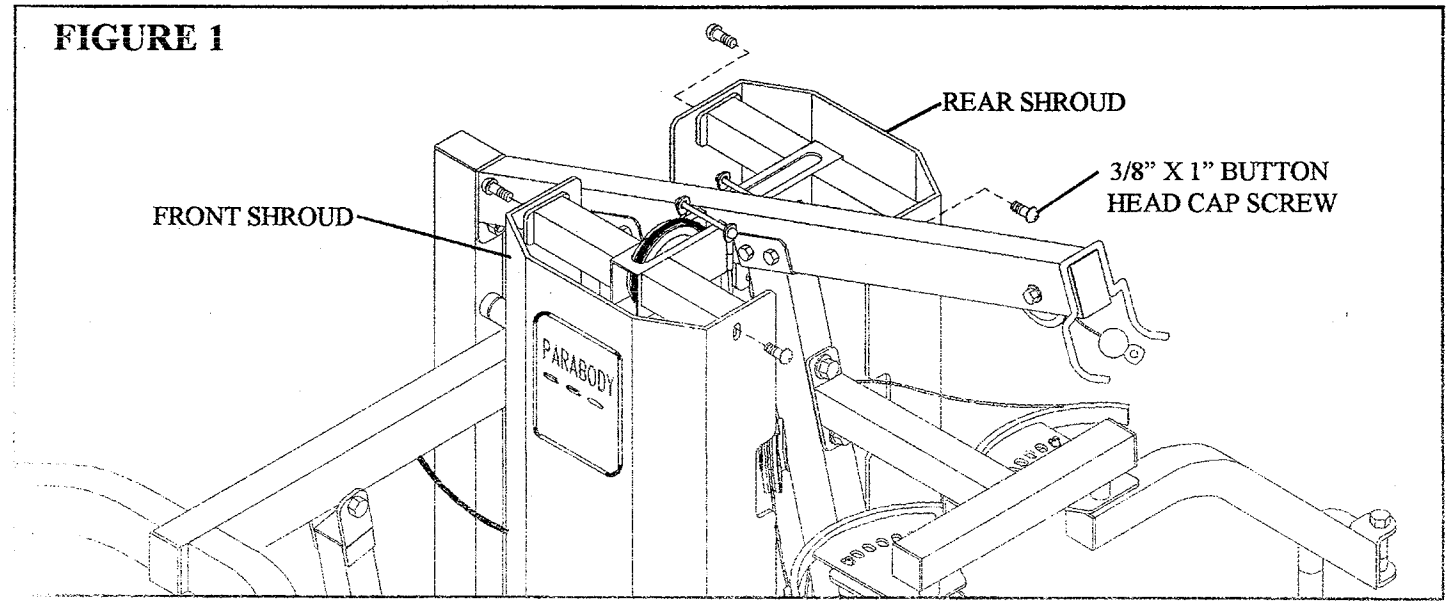
- Unscrew the threaded ends of the HEAD PLATE CABLE from the WEIGHT STACK SHAFT & the D-RING and remove HEAD PLATE CABLE. The HEAD PLATE CABLE will be used later. See FIGURE 3. (**NOTE: Remove pulleys for ease of removal.**)



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6523401	GUIDE ROD	2	10	6978101	WEIGHT STACK LABEL	1
2	7095701	WEIGHT STACK SHAFT	1	11	3102909	3/8 X 1" BOLT	1
3	7012102	WEIGHT STACK SPACER	2	12	6480301	3/8" FLANGE SPACER	2
4	6957302	HEAD PLATE	1	13	3102922	3/8 X 2-3/4" BOLT	1
5	7032302	PRESS-STACK CABLE	1	14	3102802	3/8" LOCK NUT	1
6	3116101	4-1/2" PULLEY	1	15	3102503	3/4" WASHER	2
7	6972201	WEIGHT STACK PIN	1	16	6939202	WEIGHT PLATE	15
8	3108002	WEIGHT STACK CUSHION	2	17	6382301	WEIGHT PLATE BUSHING 10 CT.	3
9	3117401	CAP PLUG	4	18	3221702	E-RING	1

FIGURE 1



STEP 1

- **REMOVE** the four 3/8" X 1" BUTTON HEAD CAP SCREWS from the top of the front SHROUD & rear SHROUD. See FIGURE 1.

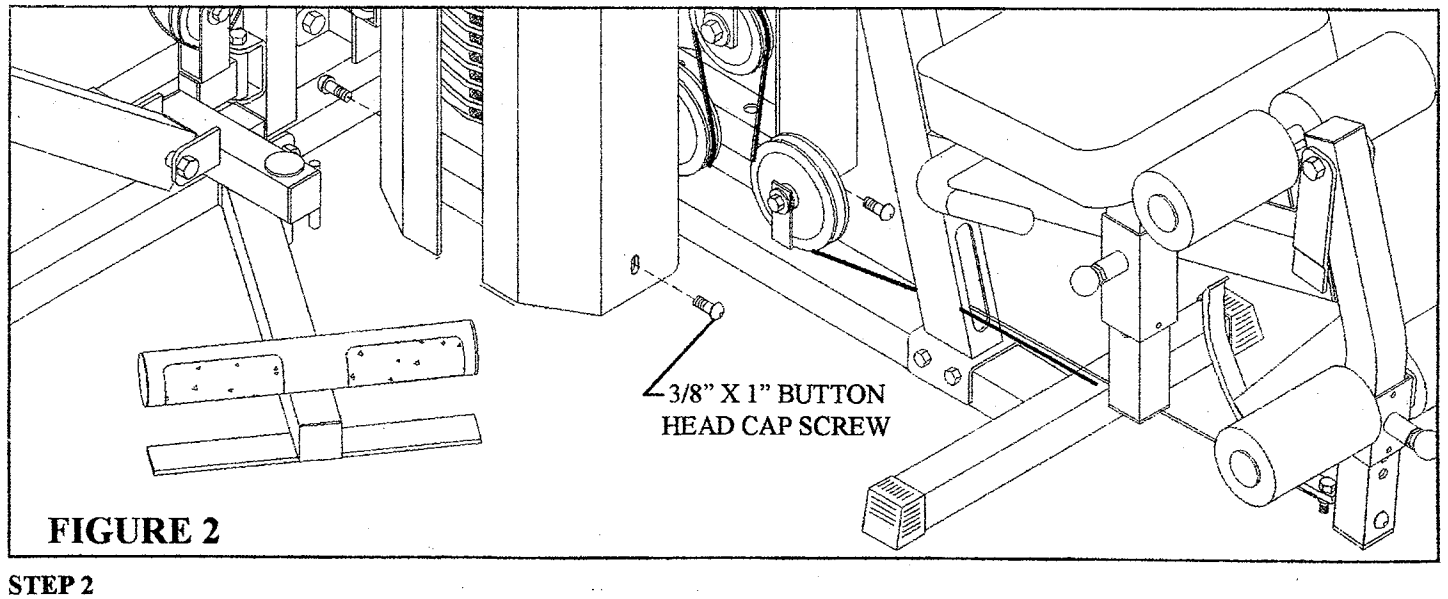


FIGURE 2

STEP 2

- **REMOVE** the four 3/8" X 1" BUTTON HEAD CAP SCREWS from the bottom of the front SHROUD & rear SHROUD. Remove the SHROUDS from the 660101 HOME GYM. See FIGURE 2.

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 663 600 Second Stack Option.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 663 660 Second Stack Option. Please read these instructions thoroughly and keep them for future reference.

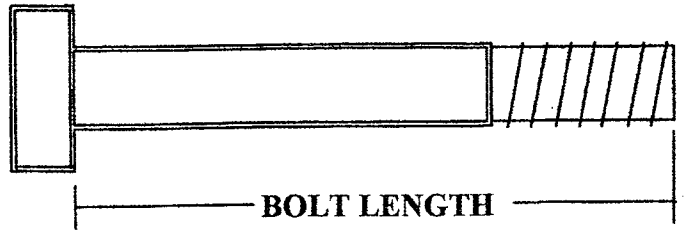
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

* Rubber mallet or hammer
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* 7/32" Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:

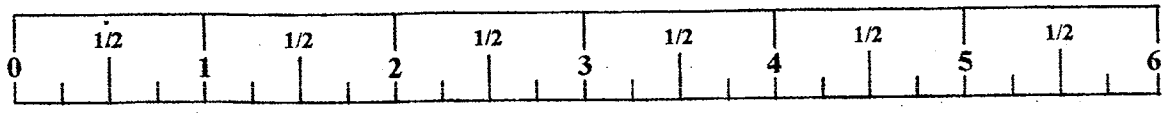


TABLE OF CONTENTS

Safety Statement.....2
General Notes.....3
Tools Required.....3
Parts list.....4
Assembly Instructions.....4-16
General Maintenance.....17
Warranty Statement.....18
Product Services.....19
Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

NOTE: In a continual effort to improve our products, specifications are subject to change

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Fax: 81 (3) 3359-4307

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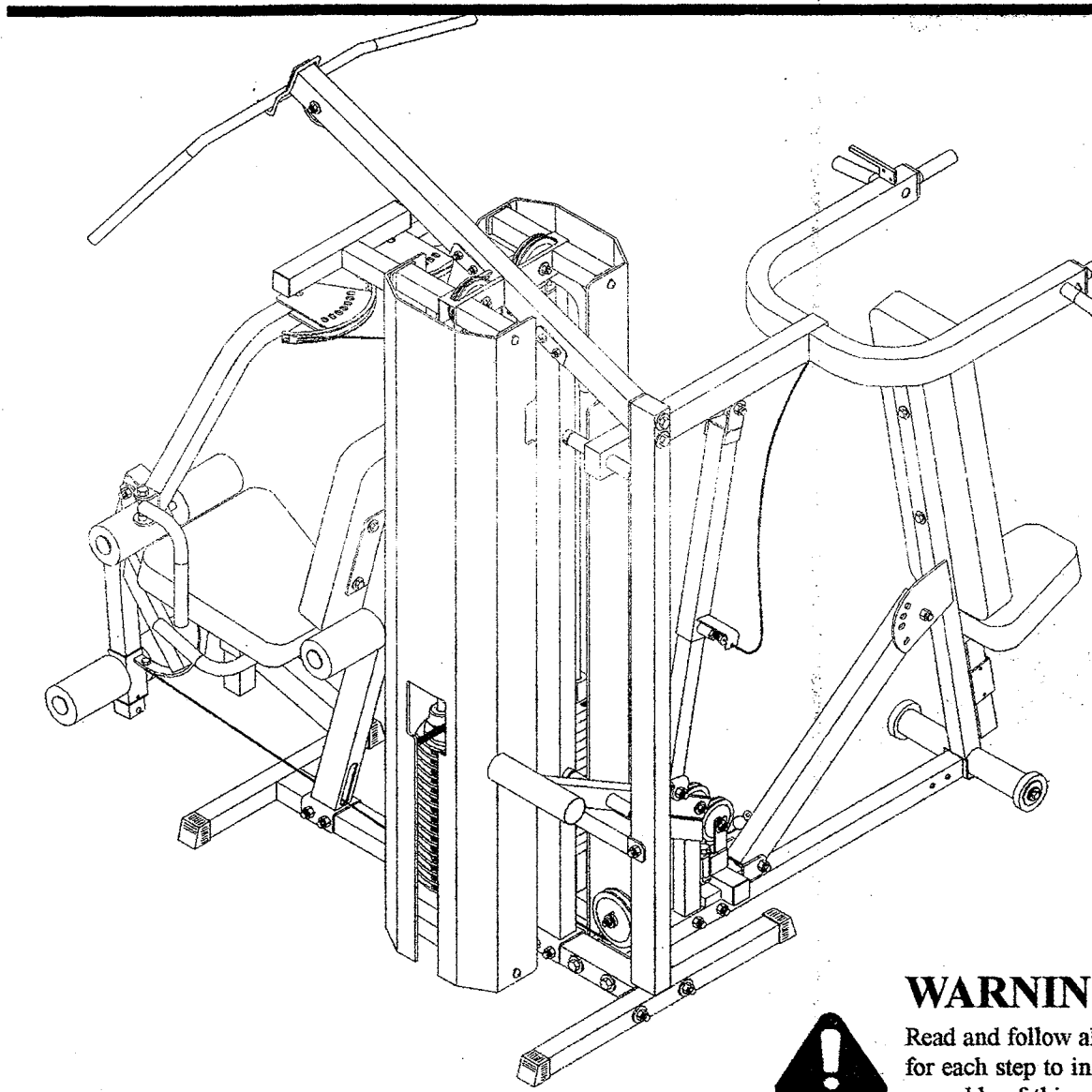
Phone: 55 (11)7295-2217
Fax: 55 (11) 7295-2218

PARABODY®

663 660 SECOND STACK OPTION



WARNING:
Read and follow all directions for each step to insure proper assembly of this product.

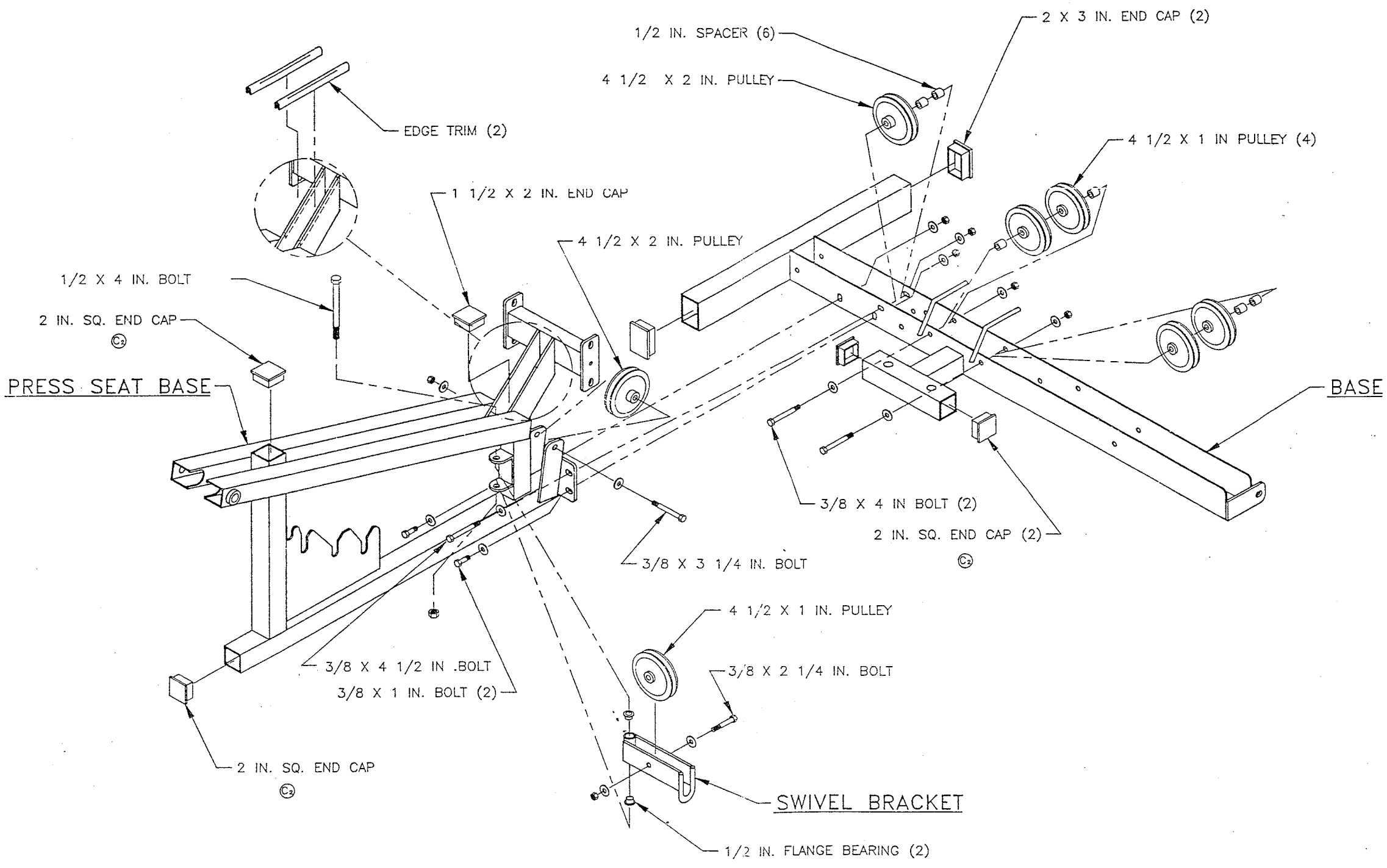
USER'S GUIDE

☐ Do not mark this box!

Document: 11000206

DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE			
B	ADD LOCK WASHER	2203	WRO	10/93
C	C1-REV'D TITLE C2-WAS 10-14GA	2257		
D	REDESIGN	2270	TFS	6/94

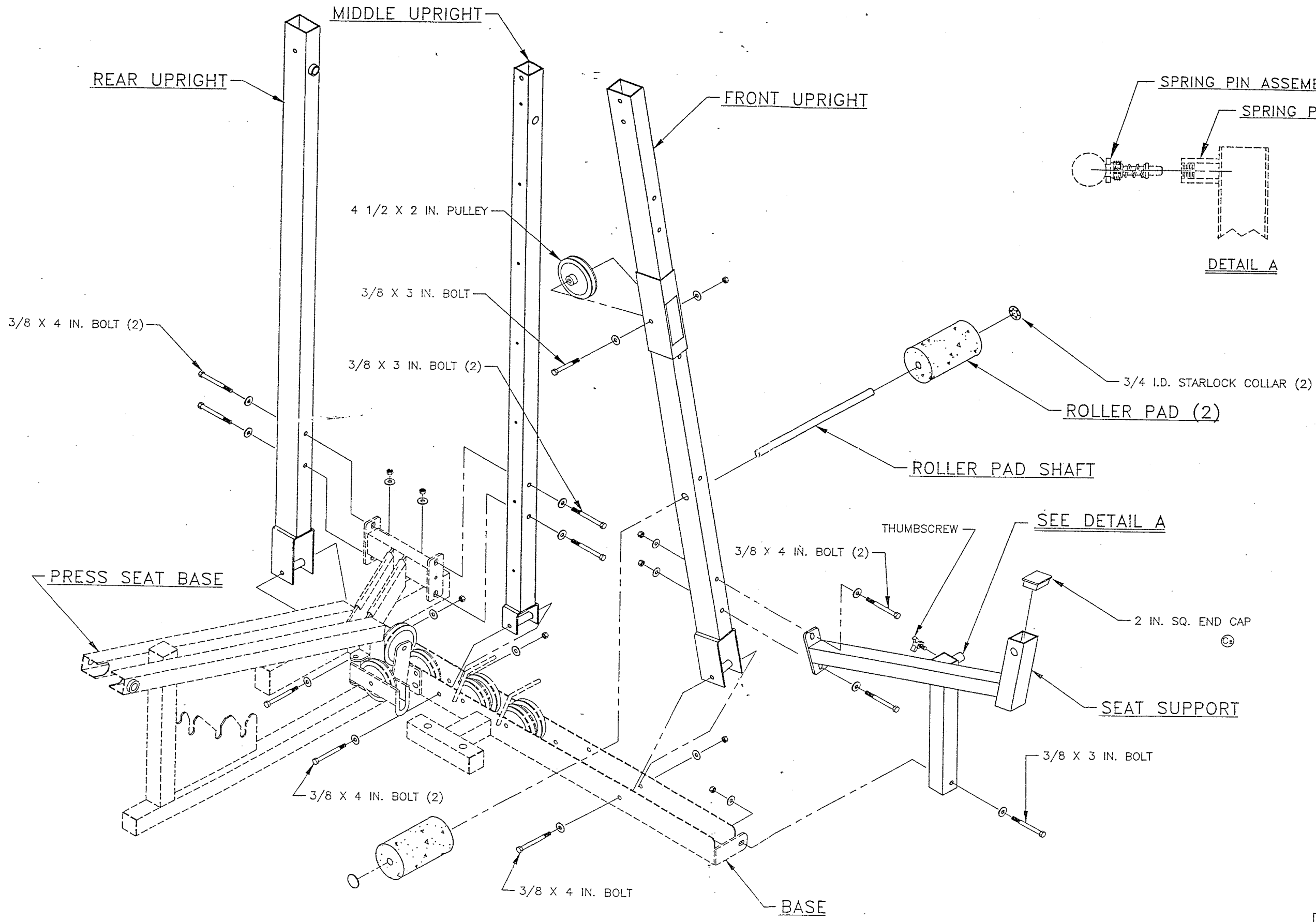

1/2 IN. SPACER (6)
2 X 3 IN. END CAP (2)
4 1/2 X 2 IN. PULLEY
EDGE TRIM (2)
4 1/2 X 1 IN PULLEY (4)
1 1/2 X 2 IN. END CAP
4 1/2 X 2 IN. PULLEY
1/2 X 4 IN. BOLT
2 IN. SQ. END CAP
C2
PRESS SEAT BASE
BASE
3/8 X 4 IN BOLT (2)
2 IN. SQ. END CAP (2)
C2
3/8 X 3 1/4 IN. BOLT
4 1/2 X 1 IN. PULLEY
3/8 X 2 1/4 IN. BOLT
3/8 X 4 1/2 IN .BOLT
3/8 X 1 IN. BOLT (2)
2 IN. SQ. END CAP
C2
SWIVEL BRACKET
1/2 IN. FLANGE BEARING (2)

LEVEL 1

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA
DECIMAL ~	TITLE ASSY DRAWING, 700102
FRACTIONAL ~	SCALE 3/8 SIZE D DRAWING NO. 64033
ANGULAR ~	SHEET 1 OF 12
	DWN JME 10/93 CHK'D APP'D 10/93

DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
C				
D				

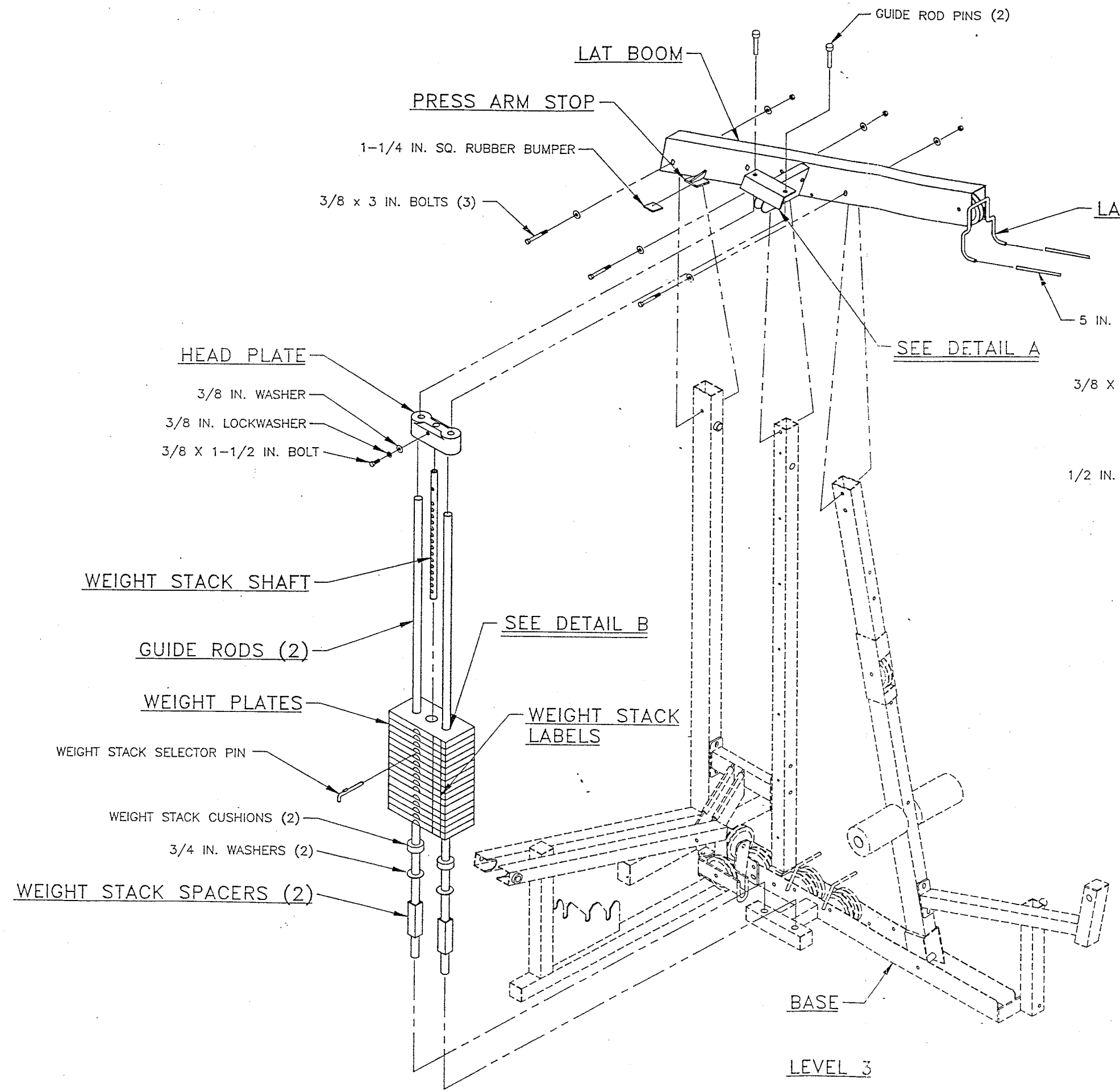


LEVEL 2

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
DECIMAL ~	TITLE ASSY DRAWING, 700102		
FRACTIONAL ~	ISSUE 3/8	SIZE D	DRAWING NO. 64033
ANGULAR ~	SHEET 2 OF 12		
	JWE 10/93	CHK'D	10/93 APP'D

DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
C				
D				



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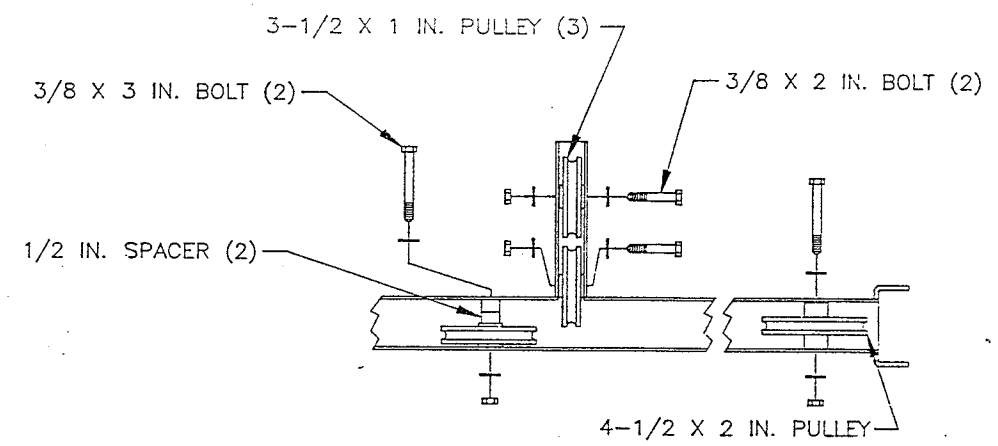
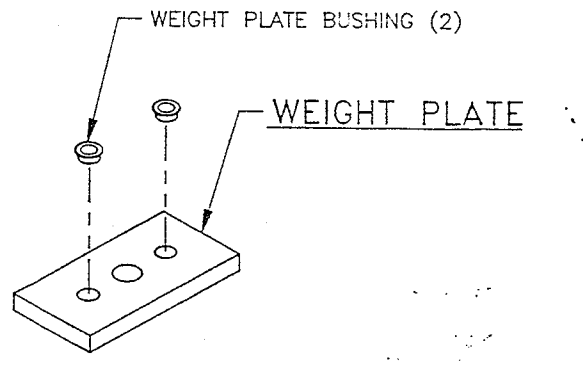


DETAIL A



DETAIL B

TOLERANCES (UNLESS OTHERWISE NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
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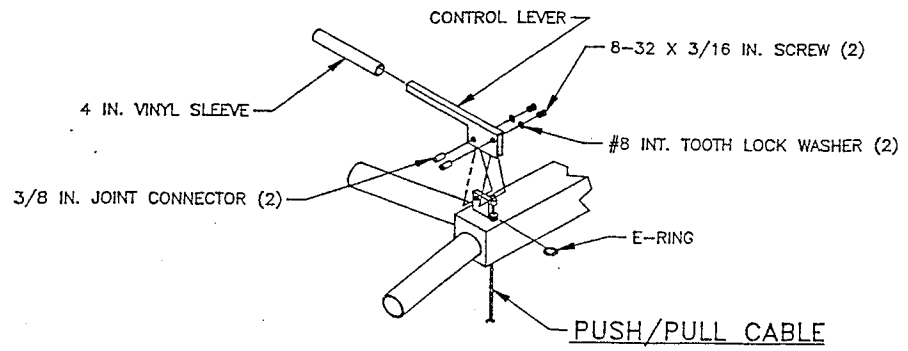
FRACTIONAL ~	SCALE: 1/8	SIZE: D	DRAWING NO. 64033
ANGULAR ~	SHEET 2 OF 12		
	DATE 10/93 CHK'D	10/93 APP'D	

DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
C				
D				



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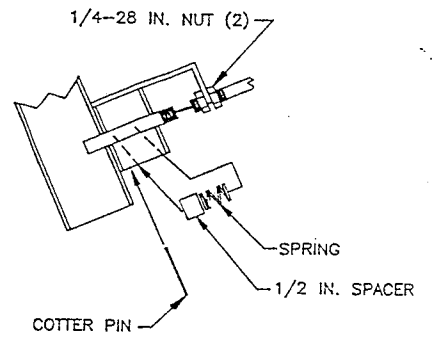

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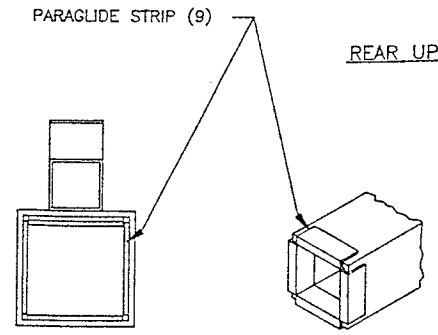

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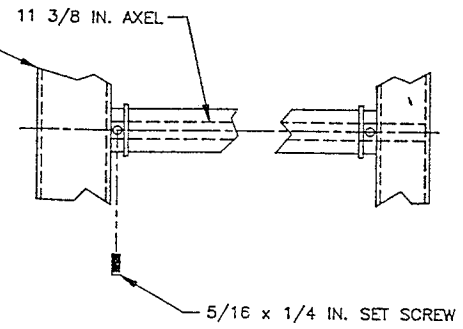

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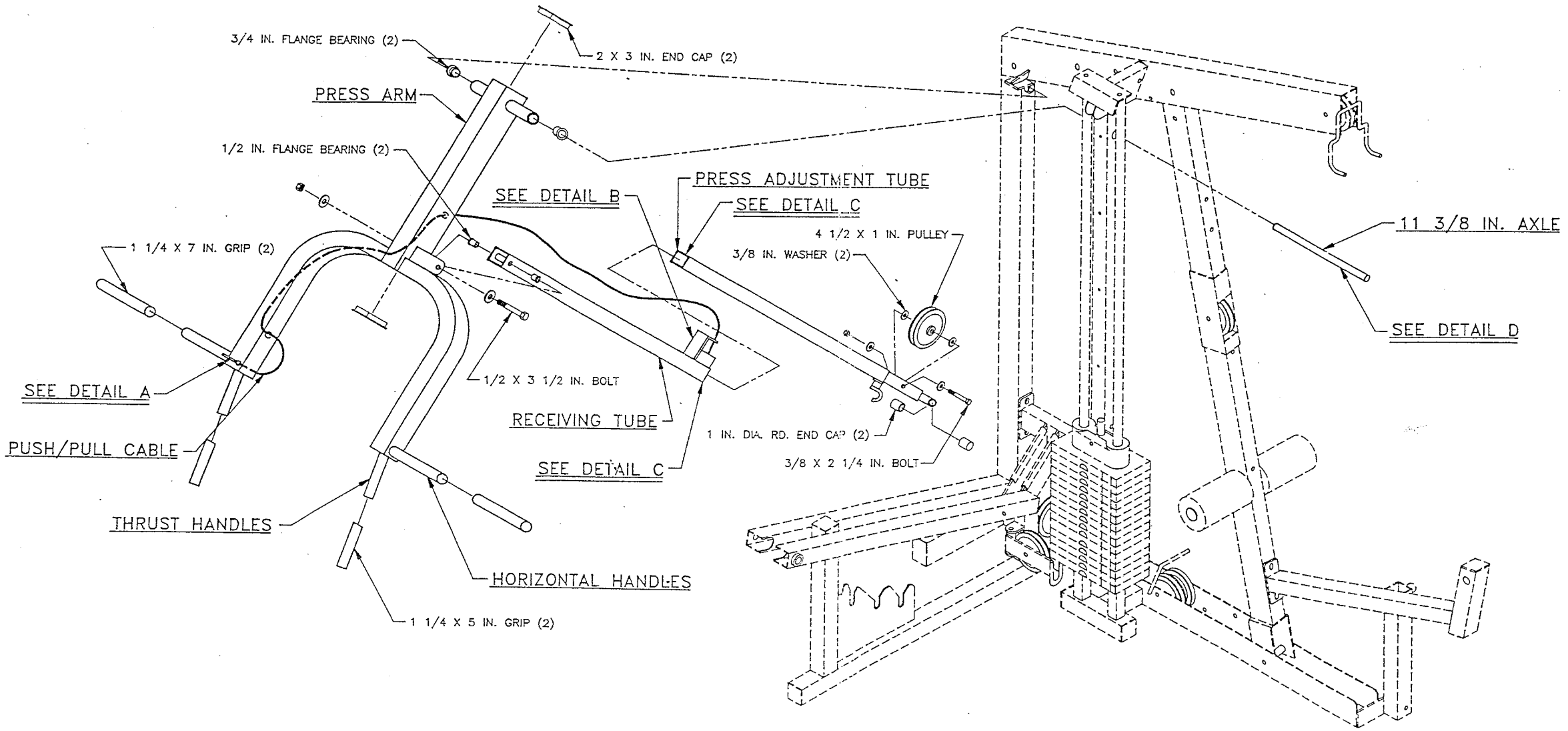

3/4 IN. FLANGE BEARING (2)
2 X 3 IN. END CAP (2)
PRESS ARM
1/2 IN. FLANGE BEARING (2)
SEE DETAIL B
PRESS ADJUSTMENT TUBE
SEE DETAIL C
4 1/2 X 1 IN. PULLEY
3/8 IN. WASHER (2)
1 1/4 X 7 IN. GRIP (2)
11 3/8 IN. AXLE
SEE DETAIL D
SEE DETAIL A
1/2 X 3 1/2 IN. BOLT
RECEIVING TUBE
1 IN. DIA. RD. END CAP (2)
PUSH/PULL CABLE
SEE DETAIL C
3/8 X 2 1/4 IN. BOLT
THRUST HANDLES
HORIZONTAL HANDLES
1 1/4 X 5 IN. GRIP (2)

LEVEL 4

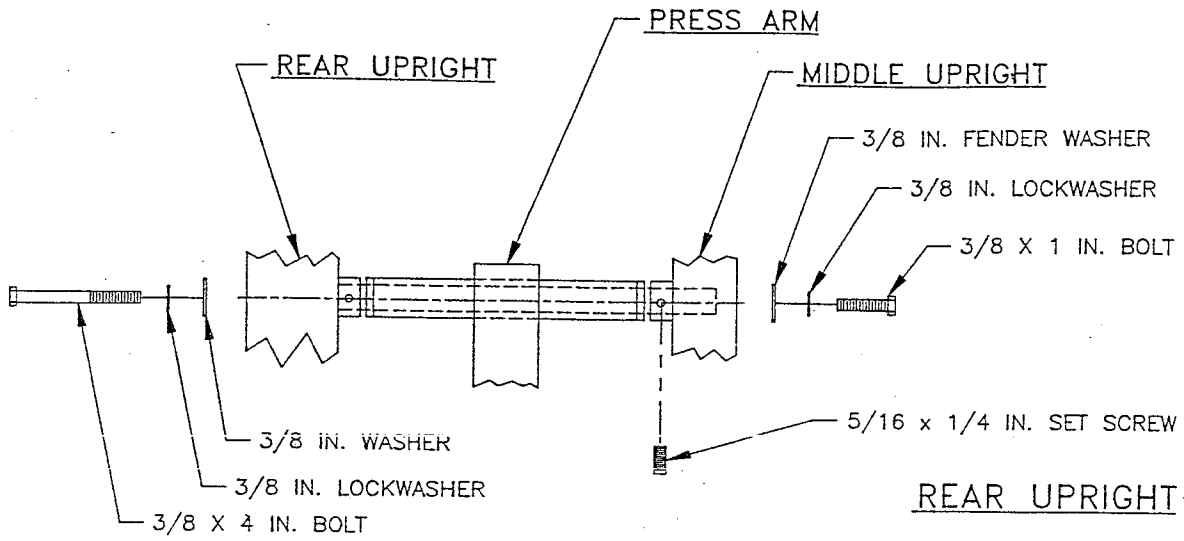
TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
DECIMAL ~	TITLE: ASSY DRAWING, 700102		
FRACTIONAL ~	SCALE: 1/8	SIZE: D	DRAWING NO.: 64033
ANGULAR ~	SHEET: 4 OF 12		
DR: JWE 10/93	CHK'D:	APP'D: 10/93	

DASH NO	DESCRIPTION

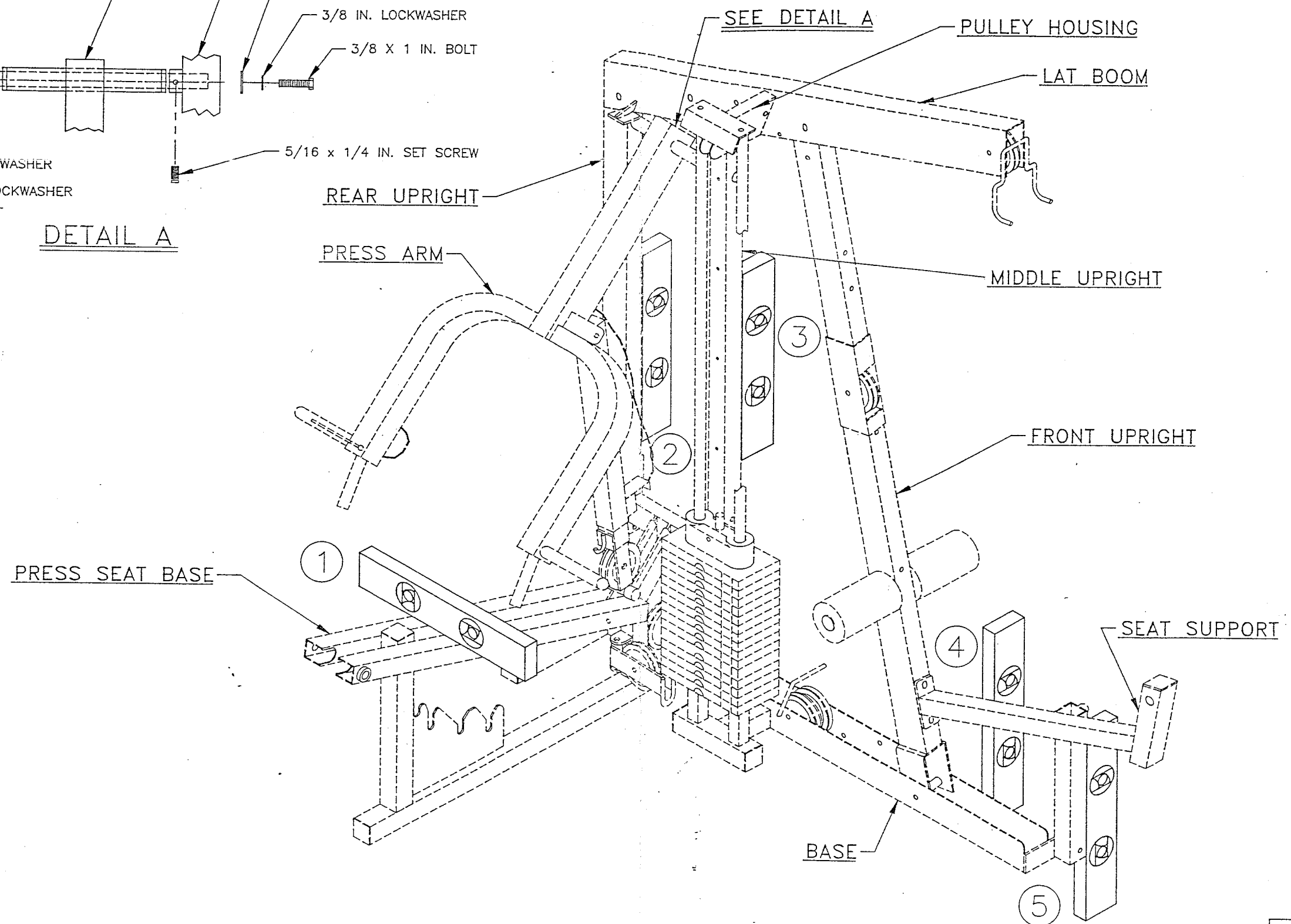
REVISIONS

REV	DESCRIPTION	CHG NO	APP'D	DATE
C				

D



DETAIL A



LEVEL 5

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA	
DECIMAL ~	TITLE ASSY DRAWING, 700102	
FRACTIONAL ~	SCALE 3/8	SIZE D
ANGULAR ~	SHEET 5 OF 12	DRAWING NO. 64033
	DR JWE 10/83	CHK'D 10/83 APP'D

DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
C				
D				

PARAGLIDE STRIP (4)

RECEIVING TUBE

DETAIL A

ADJUSTABLE SEAT FRAME

FRONT UPRIGHT

3/8 IN. LOCKWASHER (2)

3/8 X 3-1/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 X 4 IN. BOLT (2)

SEAT SUPPORT

1-1/4 IN. SQ. RUBBER BUMPER

1/2 X 3-1/4 IN. BOLT

CLIP

SEAT PAD

CLIP

LEG EXTENSION SEAT HANDLE (2)

BACK PAD

SEE DETAIL A

1/2 IN. FLANGE BEARINGS (2)

SPRING PIN ASSEMBLY

SPRING PIN HOUSING

DETAIL B

1-1/4 X 5 IN. GRIPS (2)

2 IN. SQ. END CAP (C2)

3/8 IN. WASHER (2)

3/4 I.D.STARLOCK COLLAR (4)

3/8 IN. LOCKWASHER (2)

3/8 X 3 IN. BOLT (2)

2 IN. SQ. END CAP (2) (C3)

BLACK WASHER (2)

ROLLER PAD (4)

ROLLER PAD SHAFT (2)

LEG CURL EXTENSION ARM

SEE DETAIL B

SEE DETAIL C

ROLLER PAD SHAFT

ADJUSTABLE ROLLER PAD SLEEVE

DETAIL C

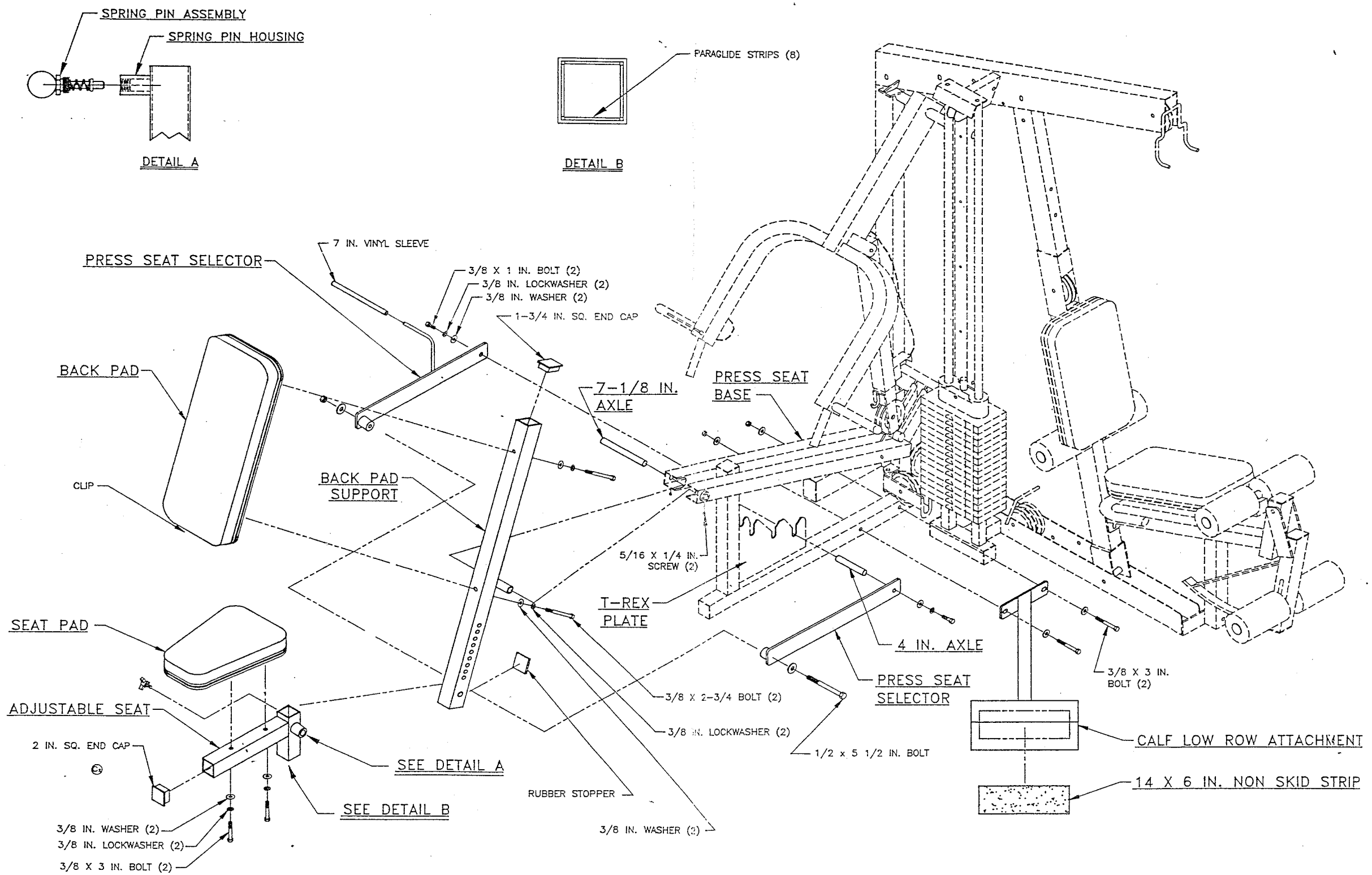
LEVEL 6

TOLERANCES (UNLESS AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA	
DECIMAL ~	TITLE ASSY DRAWING, 700102	
FRACTIONAL ~	SCALE 3/8	SIZE D
ANGULAR ~	SHEET 6 OF 12	DRAWING NO. 64033
	DRAWN DWE 10/93	CHK'D 10/93 APP'D

DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	ENG NO	APP'D	DATE
C				

D



LEVEL 7

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
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FRACTIONAL ~	SCALE 3/8	SIZE D	DRAWING NO. 64033
ANGULAR ~	SHEET 7 OF 12		
	DR JWE 10/93	CHK'D	APP'D 10/93

DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
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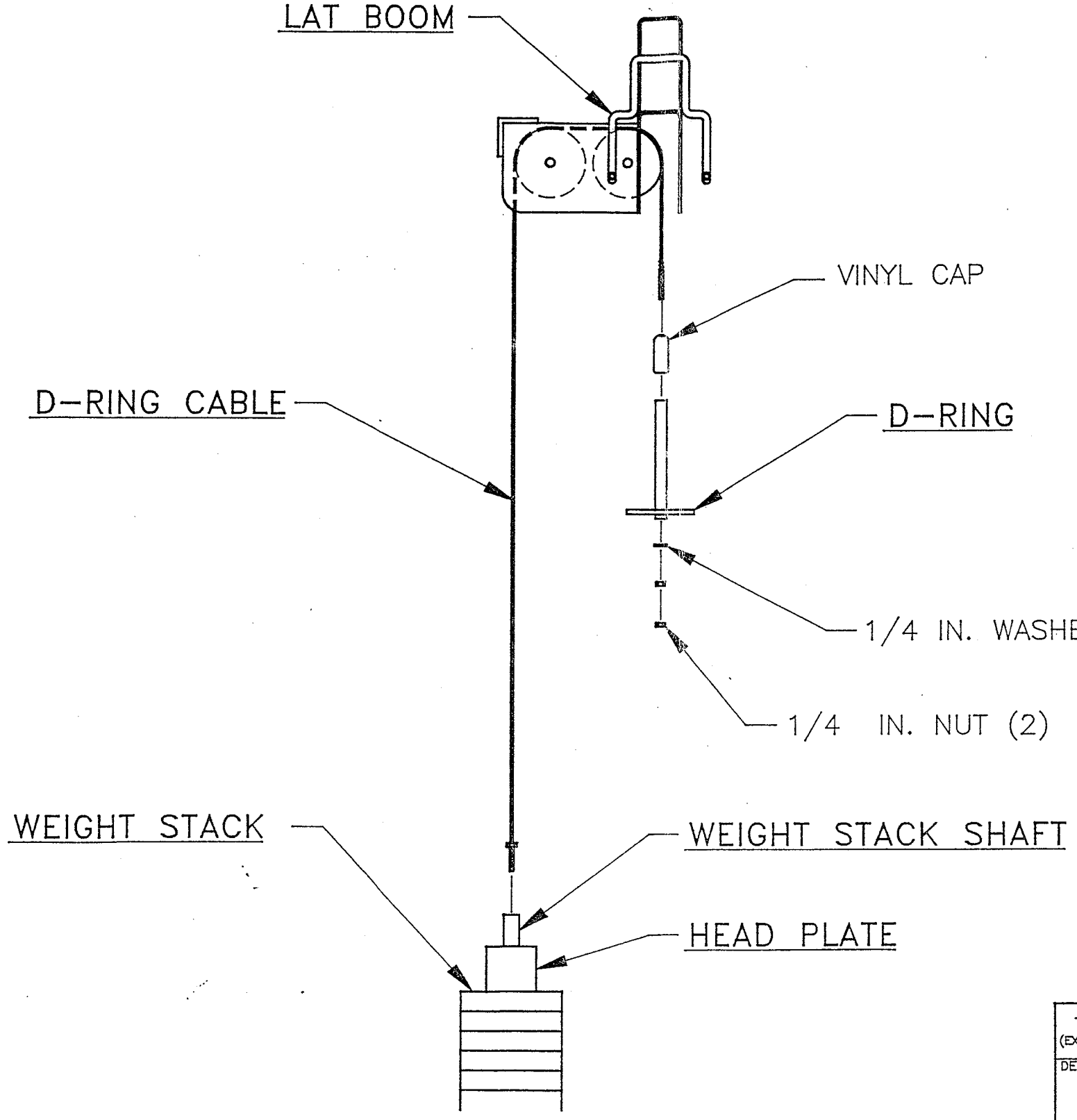

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA				
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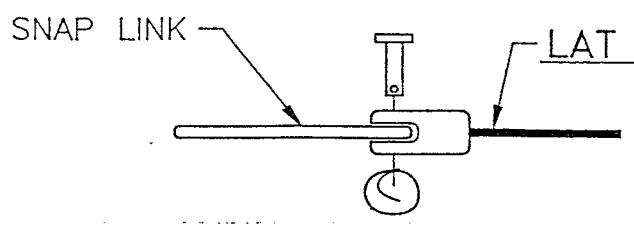
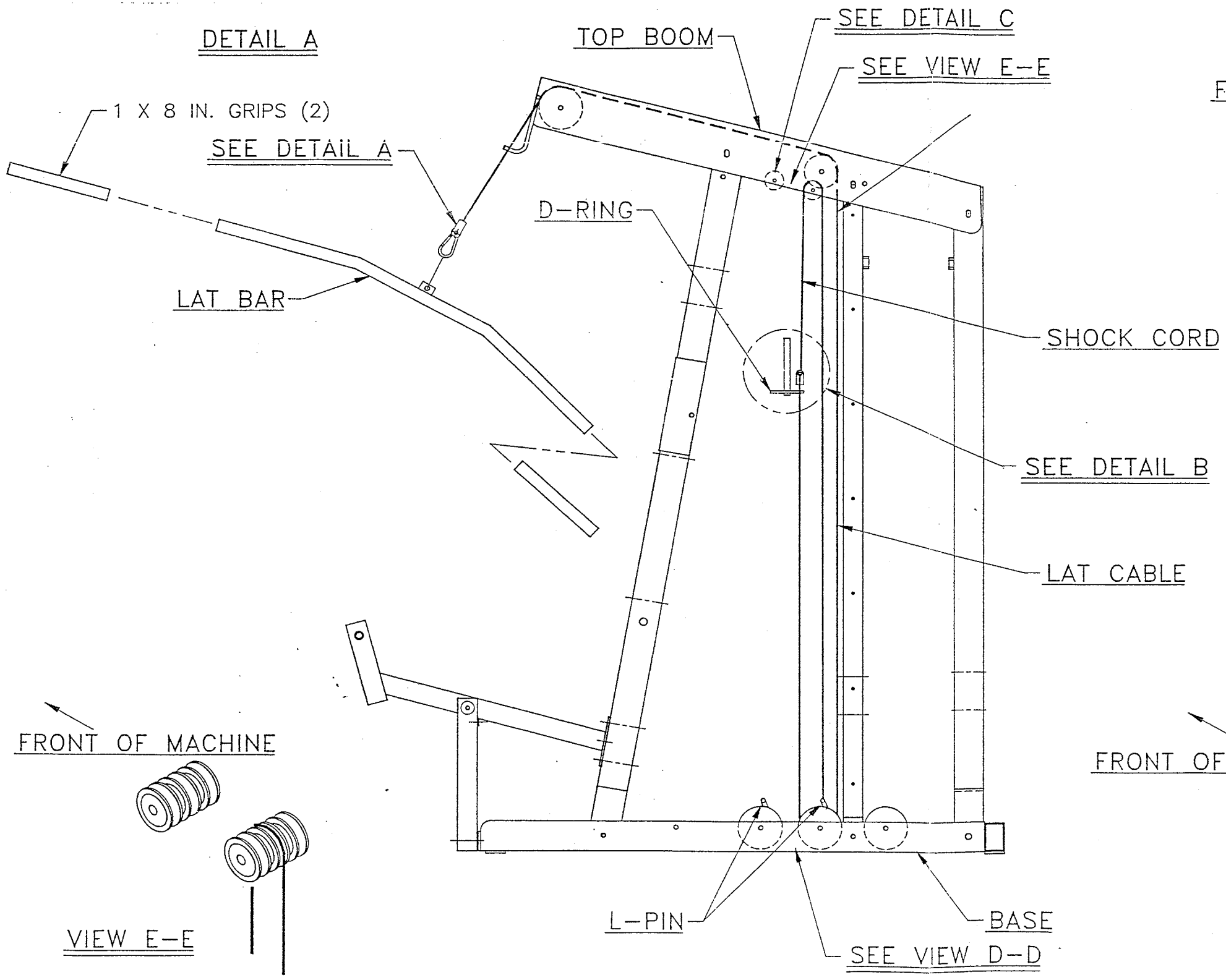
FRACTIONAL ~	SCALE 1/6	SIZE B	DRAWING NO. 64033		
ANGULAR ~	SHEET 8 OF 12				
	DR JWE	10/93	CHK'D TAD		APP'D MGN 10/93

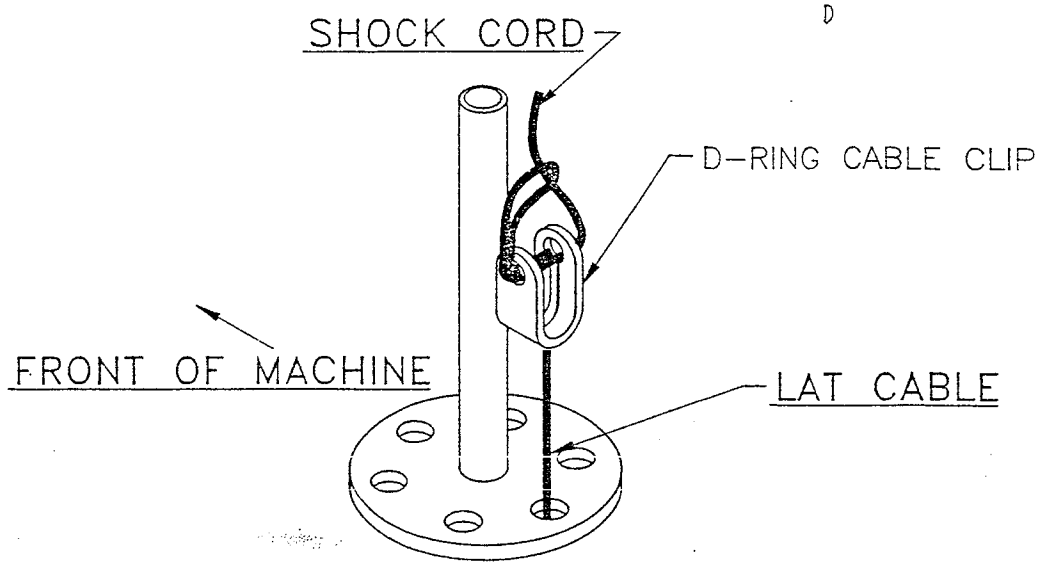
DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
C				
D				



DETAIL A





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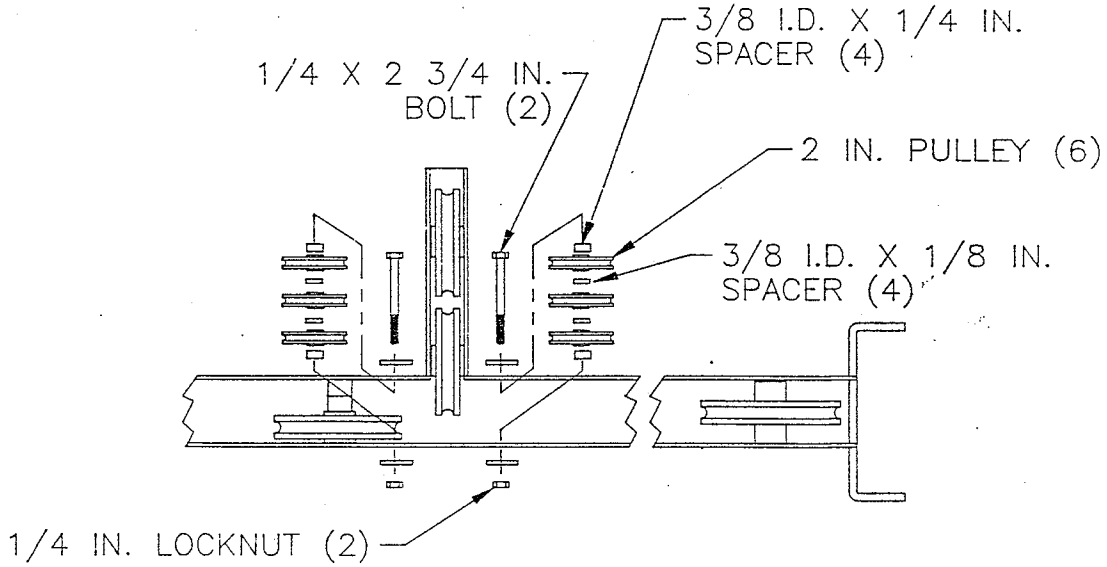
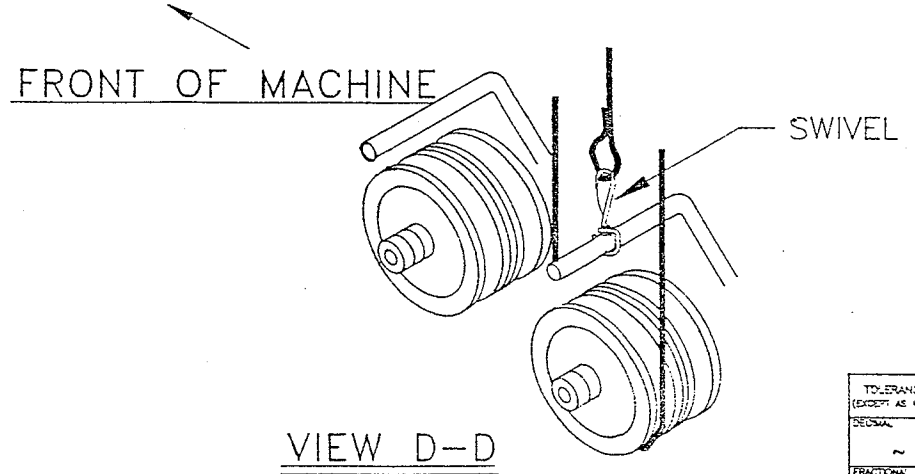


DETAIL C

VIEW E-E



VIEW D-D

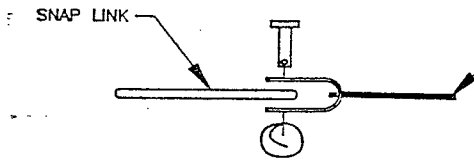
TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
DECIMAL ~	TITLE ASSY DRAWING, 700102		
FRACTIONAL ~	SCALE 3/8	SIZE D	DRAWING NO. 64033
ANGULAR ~	SHEET 9 OF 12		
DR JWE 10/93	CHK'D	APP'D	DATE 10/93

DASH NO	DESCRIPTION

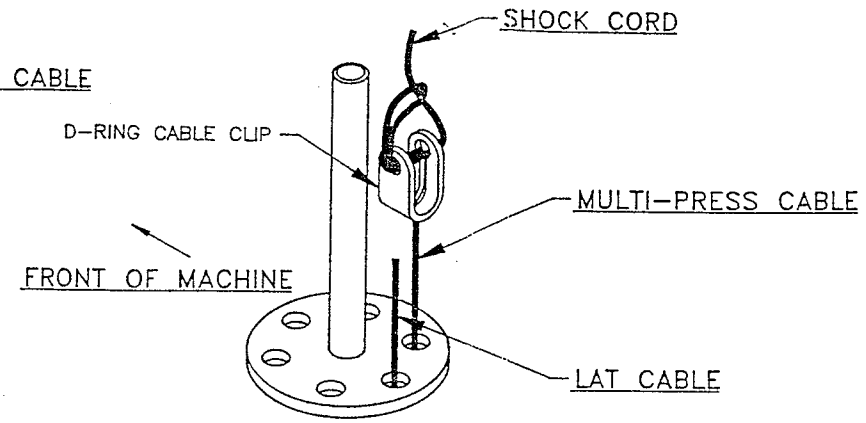
REVISIONS

REV	DESCRIPTION	CHG NO	APPD	DA
C				

p



DETAIL A



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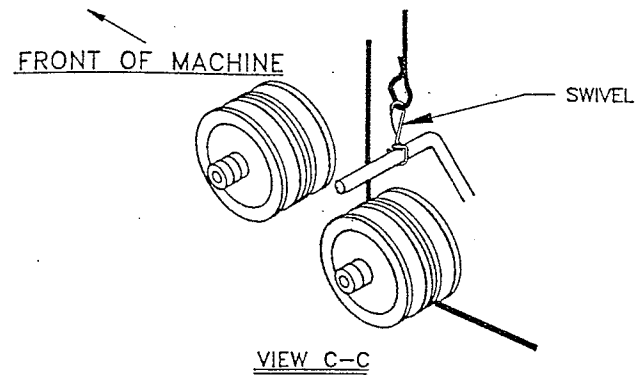
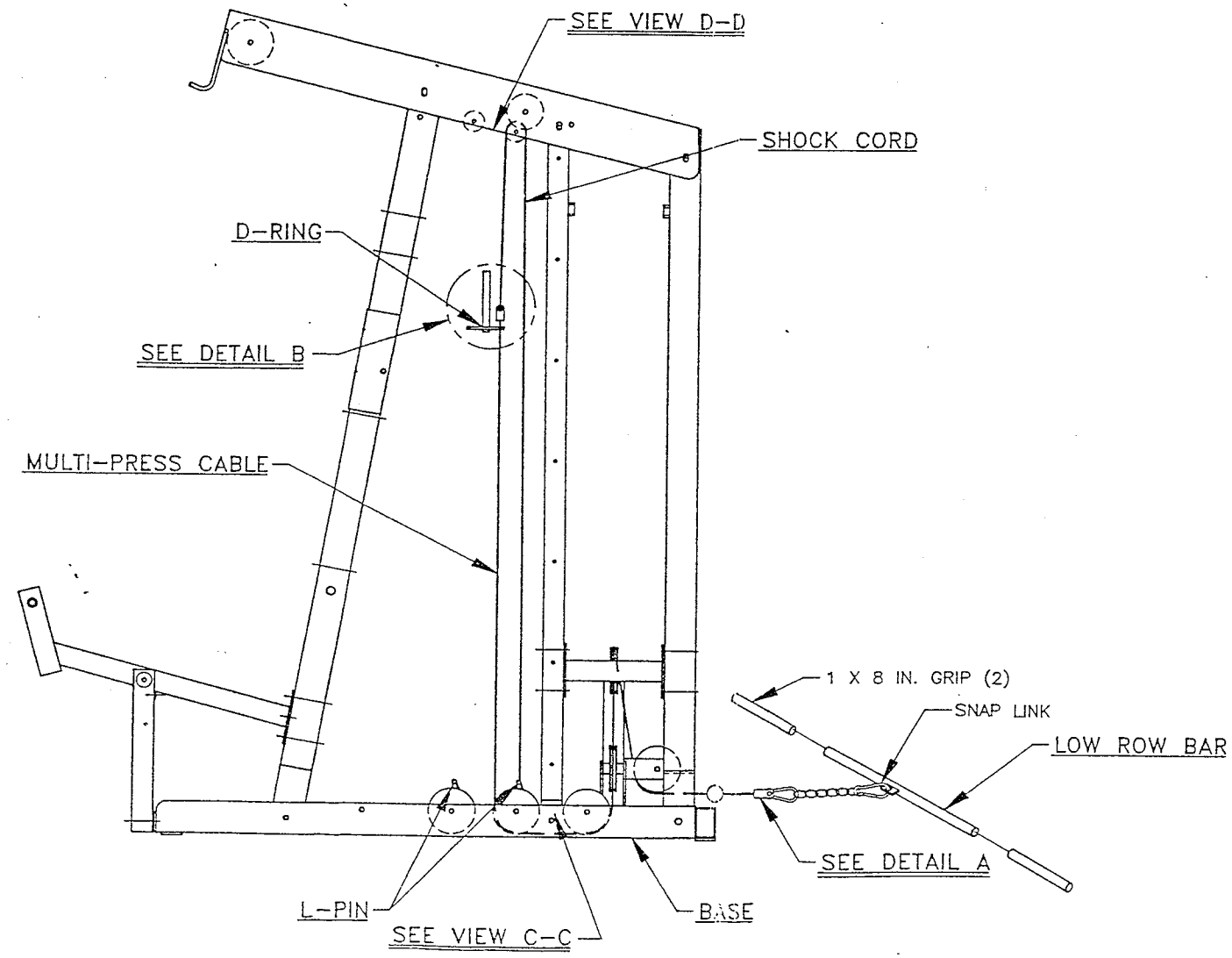
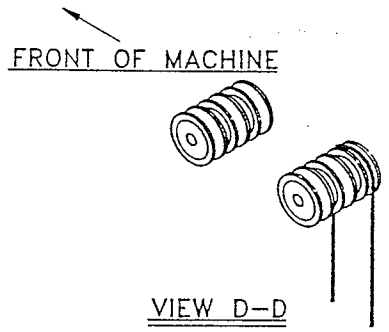


VIEW C-C





VIEW D-D

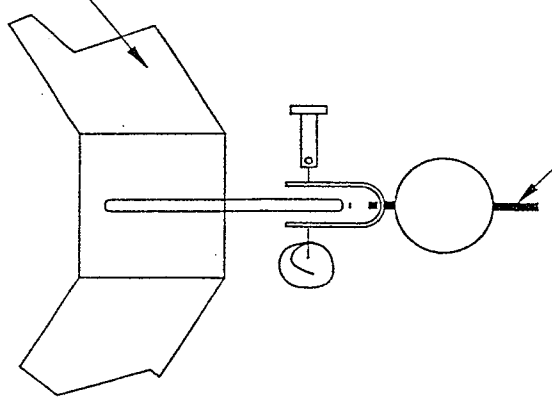
LEVEL 10

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA
DECIMAL ~	TITLE: ASSY INST, 700102
FRACTIONAL ~	SCALE 1/8 · SIZE D · DRAWING NO. 64033
ANGULAR ~	SHEET 10 OF 12
APP JWE 12, 93	CHKD 10/93 APPD

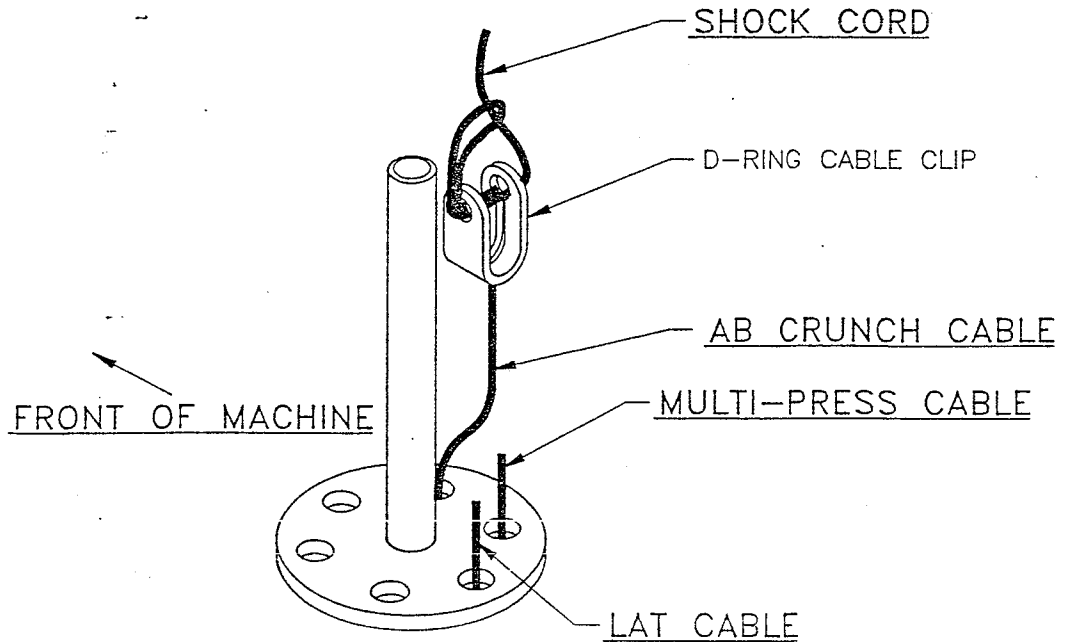
DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
C				

D



DETAIL A



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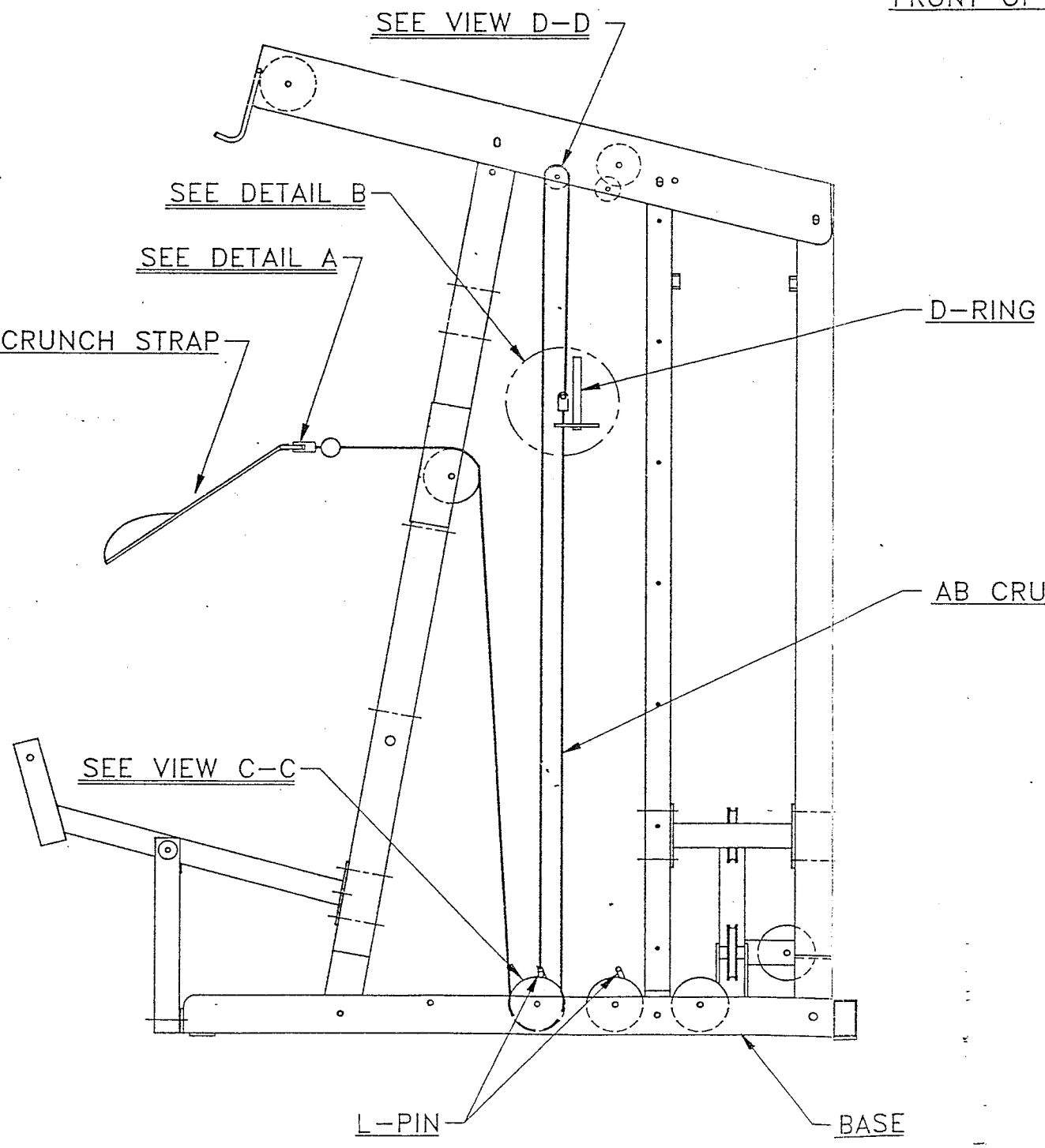
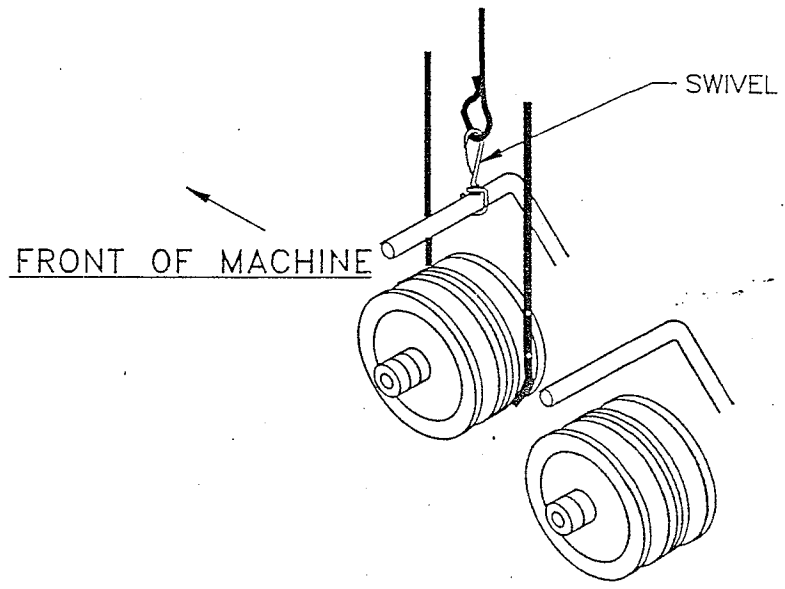
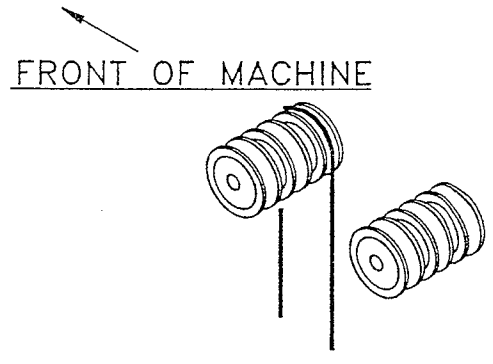


LEVEL 11



VIEW C-C

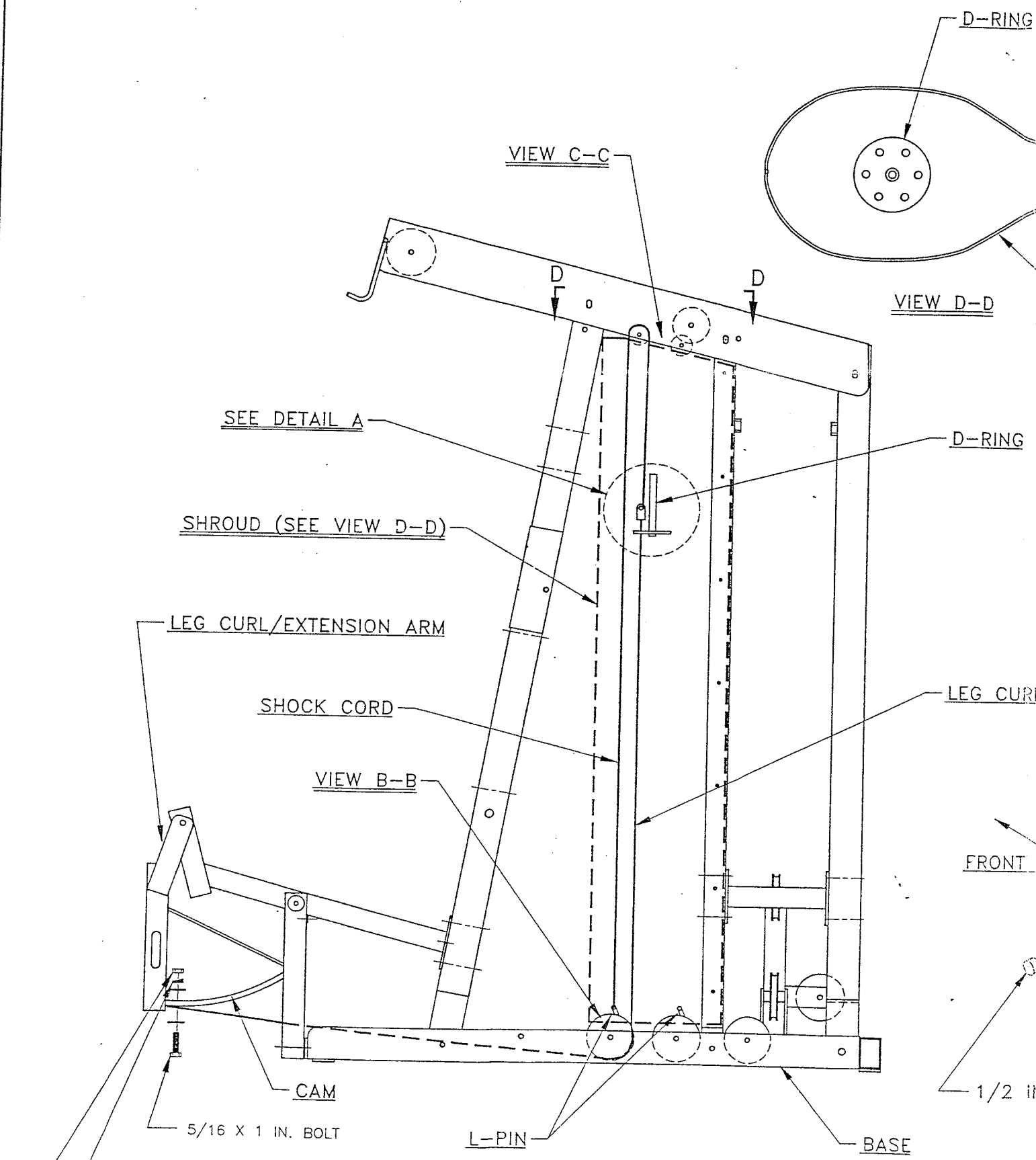


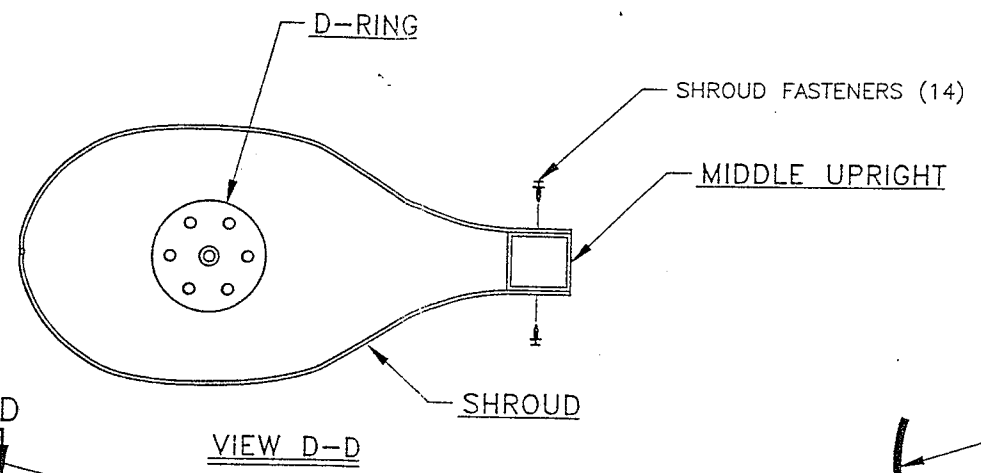
VIEW D-D

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA			
DECIMAL ~	TITLE: ASSY INST, 700102			
FRACTIONAL ~	SCALE: 3/8	SIZE: D	DRAWING NO.: 64033	
ANGULAR ~	SHEET: 11 OF 12			
	DR: JWE 10/93	CHK'D: 10/93	APP'D:	

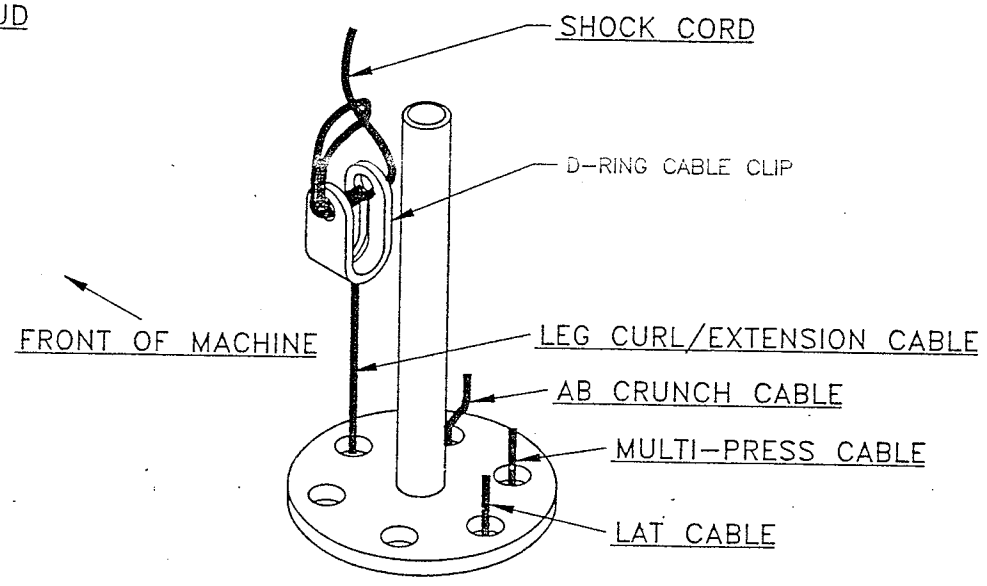
DASH NO	DESCRIPTION

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	D
C				

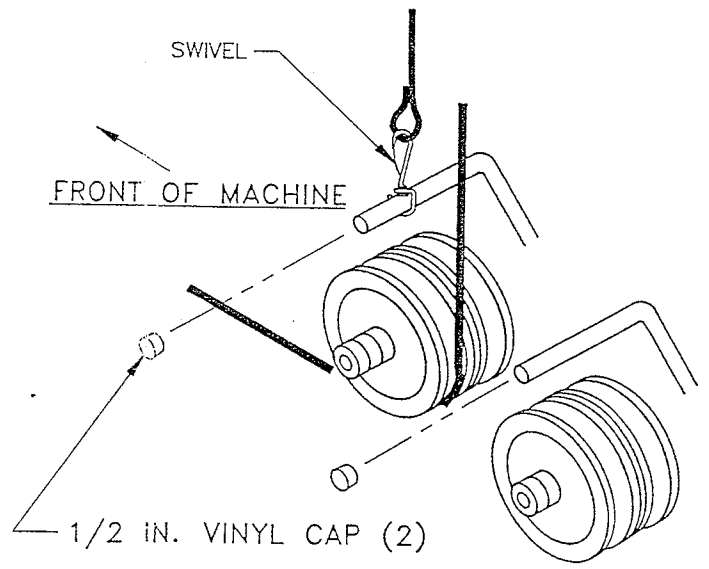




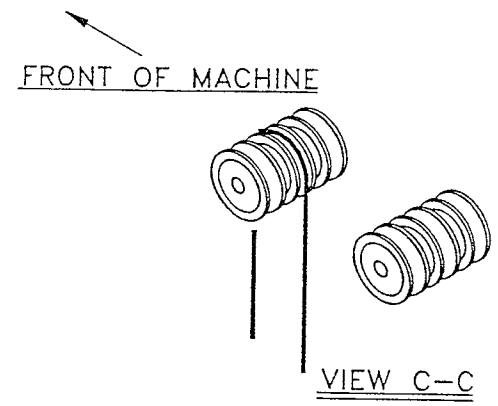
VIEW D–D



DETAIL A



VIEW B–B



VIEW C–C

LEVEL 12

TOLERANCES (EXCEPT AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA	
DECIMAL ~	TITLE: ASSY DRAWING, 700102	
FRACTIONAL ~	SCALE: 3/8	SIZE: D
ANGULAR ~	SHEET: 12 OF 12	DRAWING NO: 64033
	DRN: JWE 10/93	CHKD: 10/93 APP'D:

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 6)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

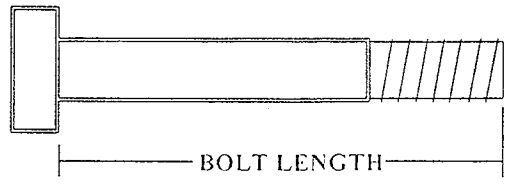
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/4 IN. BOLT	1
2.	3/8 X 4 IN. BOLT	2
3.	3/8 X 3-1/4 IN. BOLT	2
4.	3/8 X 3 IN. BOLT	2
5.	1/2 IN. WASHER	2
6.	3/8 IN. WASHER	8
7.	3/8 IN. LOCK WASHER	4
8.	1/2 IN. LOW HEIGHT LOCK NUT	1
9.	3/8 IN. LOCK NUT	2
10.	SPRING PIN ASSEMBLY	1
11.	1/2 IN. FLANGE BEARING	2
12.	3/4 I.D. STAR LOCK COLLAR	4
13.	1-1/4 X 5 IN. GRIP	2
14.	2 IN. SQ. END CAP	3
15.	1-1/4 IN. SQ. RUBBER BUMPER	1
16.	PARAGLIDE STRIP	4
17.	PLASTIC WASHER	2

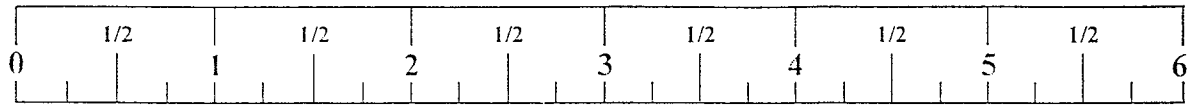
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	LEG CURL/EXTENSION ARM	(6422503)	1
2.	ADJUSTABLE SEAT FRAME	(6423702)	1
3.	LEG EXTENSION SEAT HANDLE	(6183003)	2
4.	ADJUSTABLE ROLLER PAD SLEEVE	(6216703)	1
5.	ROLLER PAD SHAFT	(6125102)	2
6.	BACK/SEAT PAD	(6432501)	2
7.	ROLLER PAD	(6194601)	4

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 6)*

• THE INSTRUCTIONS FOR *(LEVEL 6)* ARE TO BE USED WITH THE *(LEVEL 6 DRAWING)*

1. SECURELY Assemble one (1) SPRING PIN ASSEMBLY to the **SPRING PIN BARREL**, of the **LEG CURL EXTENSION ARM** as shown in **(DETAIL B)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**

2. Pull back the SPRING PIN on the **LEG CURL EXTENSION ARM** and Insert the **ADJUSTABLE ROLLER PAD SLEEVE** into the bottom as shown in **(DETAIL B)**. Release the SPRING PIN into one of the adjustment holes.

3. Insert two (2) 2 IN. SQ. END CAPS into both ends of the **LEG CURL/EXTENSION ARM** as shown on drawing.

4. Assemble the two (2) ROLLER PADS to the LEG CURL EXTENSION ARM as shown on drawing using one (1) ROLLER PAD SHAFT, two (2) PLASTIC WASHERS, and two (2) 3/4 ID STAR LOCK COLLARS. **(MAKE SURE THAT THE ROLLER PAD SHAFT IS INSERTED THROUGH LARGE HOLE ON THE ADJUSTABLE ROLLER PAD SLEEVE)**

5. Assemble the **LEG CURL/EXTENSION ARM** to the **SEAT SUPPORT** using the following steps:

   - Insert two (2) 1/2 IN. FLANGE BEARINGS to the **SEAT SUPPORT** as shown on drawing.
   - Assemble the **LEG CURL/EXTENSION ARM** to the **SEAT SUPPORT** as shown on drawing, using one (1) 1/2 X 3-1/4 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG CURL/EXTENSION ARM TO ROTATE FREELY)**
   - Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **SEAT SUPPORT** where the **LEG CURL/EXTENSION ARM** makes contact. **(SEE DRAWING)**

6. Pre-assemble the **ADJUSTABLE SEAT FRAME**, using the following steps:

   - Insert one (1) 2 IN. SQ. END CAP into the front end of the **ADJUSTABLE SEAT FRAME** as shown on drawing.
   - SECURELY assemble one of the **BACK/SEAT PADS** to the **ADJUSTABLE SEAT FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(NOTE: BEFORE ASSEMBLING THE PAD, MAKE SURE THAT THE CLIP ON THE END OF THE PAD IS FACING THE CORRECT WAY. SEE DRAWING)**
   - Slide two (2) 1-1/4 X 5 IN. GRIPS over the ends of the **LEG EXTENSION SEAT HANDLES**, as shown on drawing. **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**
   - SECURELY assemble the **LEG EXTENSION SEAT HANDLES** to the **ADJUSTABLE SEAT FRAME** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
   - Assemble two (2) ROLLER PADS to the **ADJUSTABLE SEAT FRAME** as shown on drawing, using one (1) **ROLLER PAD SHAFT**, and two (2) 3/4 I.D. STAR LOCK COLLARS.

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 5)*

- **THE INSTRUCTIONS FOR *(LEVEL 5)* ARE TO BE USED WITH THE *(LEVEL 5 DRAWING)***

THE PURPOSE OF *(LEVEL 5)* IS TO TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT, AND TO MAKE SURE THAT THE MACHINE IS LEVEL BEFORE TIGHTENING CONNECTIONS. IT IS IMPORTANT THAT THE 525 IS LEVEL TO ASSURE ITS PROPER FUNCTION.

TIGHTEN THE LOOSE FRAME CONNECTIONS IN THE FOLLOWING ORDER. PLEASE SEE DRAWING FOR THE CORRECT WAY TO LAY LEVEL.

1. POSITION THE LEVEL HORIZONTALLY ACROSS THE **PRESS SEAT BASE** AS SHOWN ON DRAWING. WHEN LEVEL, **TIGHTEN PRESS SEAT BASE TO THE BASE.**

2. SET THE LEVEL VERTICALLY ON THE SIDE OF THE **REAR UPRIGHT** AS SHOWN ON DRAWING. WHEN LEVEL, **TIGHTEN REAR UPRIGHT TO THE PRESS SEAT BASE, AND THEN TIGHTEN TO THE BASE.**

3. SET THE LEVEL VERTICALLY ON THE SIDE OF THE **MIDDLE UPRIGHT** AS SHOWN ON DRAWING. WHEN LEVEL, **TIGHTEN MIDDLE UPRIGHT TO THE PRESS SEAT BASE, AND THEN TIGHTEN TO THE BASE.**

4. **SECURELY TIGHTEN** THE **FRONT UPRIGHT** TO THE BASE. THEN SET THE LEVEL VERTICALLY ON THE SIDE OF THE **SEAT SUPPORT** AS SHOWN ON DRAWING. WHEN LEVEL, **TIGHTEN SEAT SUPPORT TO THE FRONT UPRIGHT.**

5. SET THE LEVEL VERTICALLY ON THE SIDE OF THE **SEAT SUPPORT UPRIGHT** AS SHOWN ON DRAWING. WHEN LEVEL, **TIGHTEN SEAT SUPPORT TO THE BASE.**

6. TIGHTEN THE **REAR**, AND **MIDDLE UPRIGHTS** AROUND THE **PRESS ARM** AS SHOWN IN **(DETAIL A)** IN THE FOLLOWING ORDER:

   - **SECURELY** ASSEMBLE THE **REAR UPRIGHT** TO THE **11-3/8 IN. AXLE** IN THE **PRESS ARM** AS SHOWN ON DRAWING, USING ONE (1) 3/8 X 4 IN. BOLT, ONE (1) 3/8 IN. LOCK WASHER, AND ONE (1) 3/8 IN. WASHER.

   - **SECURELY** ASSEMBLE THE **MIDDLE UPRIGHT** TO THE **AXLE** IN THE **PRESS ARM** AS SHOWN ON DRAWING, USING ONE (1) 3/8 X 1 IN. BOLT, ONE (1) 3/8 IN. LOCK WASHER, AND ONE (1) 3/8 IN. FENDER WASHER. **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS ARM TO ROTATE FREELY)**

   - INSERT ONE (1) 5/16 X 1/4 IN. SET SCREW INTO THE **COLLAR** ON THE **MIDDLE UPRIGHT** AND TIGHTEN IT DOWN ONTO THE **AXLE** OF THE PRESS ARM AS SHOWN IN **(DETAIL A)**

7. **SECURELY** TIGHTEN THE **LAT BOOM** TO THE **FRONT UPRIGHT**, TO THE **REAR UPRIGHT**, AND TO THE **MIDDLE UPRIGHT**, IN THAT ORDER.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 5)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 6)*

7. Attach four (4) PARAGLIDE STRIPS to the **ADJUSTABLE SEAT FRAME**, and four (4) PARAGLIDE STRIPS to the **SEAT SUPPORT** as shown in **(DETAIL A)**, and using the following steps:

   - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.

   - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.

8. Pull back the **SPRING PIN** on the **SEAT SUPPORT** and insert the **ADJUSTABLE SEAT FRAME** down to desired height. Release the **SPRING PIN** and allow it to engage into the adjustment holes. Use the THUMB SCREW to tighten the **ADJUSTABLE SEAT FRAME** in place.

9. **SECURELY** assemble the other **BACK/SEAT PAD** to the **FRONT UPRIGHT** as shown on drawing, using two (2) 3/8 X 4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(NOTE: BEFORE ASSEMBLING THE PAD, MAKE SURE THAT THE CLIP ON THE END OF THE PAD IS FACING DOWN)**

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 6)*

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 7)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

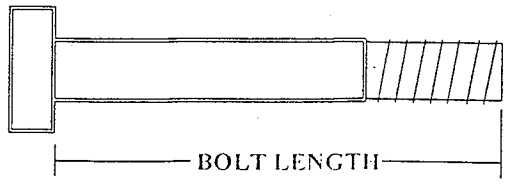
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 5-1/2 IN. BOLT	1
2.	3/8 X 3 IN. BOLT	4
3.	3/8 X 2-3/4 IN. BOLT	2
4.	3/8 X 1 IN. BOLT	2
5.	1/2 IN. WASHER	2
6.	3/8 IN. WASHER	12
7.	3/8 IN. LOCK WASHER	6
8.	1/2 IN. LOCK NUT	1
9.	3/8 IN. LOCK NUT	2
10.	5/16 X 1/4 IN. SET SCREW	2
11.	SPRING PIN ASSEMBLY	1
12.	THUMBSCREW	1
13.	7 IN. VINYL SLEEVE	1
14.	2 IN. SQ. END CAP	1
15.	1-3/4 IN. SQ. END CAP	1
16.	1-1/4 IN. SQ. RUBBER BUMPER	1
17.	PARAGLIDE STRIP	8

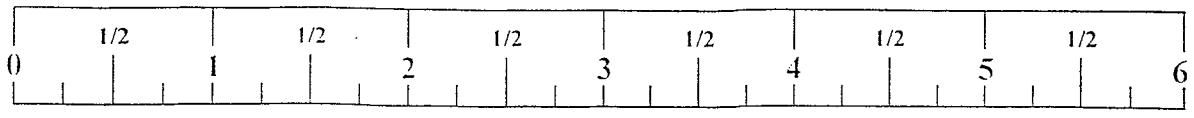
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BACK PAD SUPPORT	(6423102)	1
2.	PRESS SEAT SELECTOR W/ HANDLE	(6422903)	1
3.	PRESS SEAT SELECTOR W/O HANDLE	(6422803)	1
4.	ADJUSTABLE SEAT	(6422703)	1
5.	CALF LOW ROW ATTACHMENT	(6375701)	1
6.	7-1/8 IN. AXLE	(6313602)	1
7.	4 IN. AXLE	(6381701)	1
8.	BACK PAD	(6433701)	1
9.	SEAT PAD	(6433501)	1
10.	14 X 6 IN. NON SKID STRIP	(6338301)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



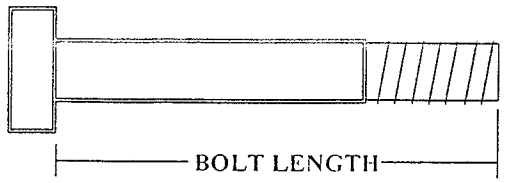
700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 5)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

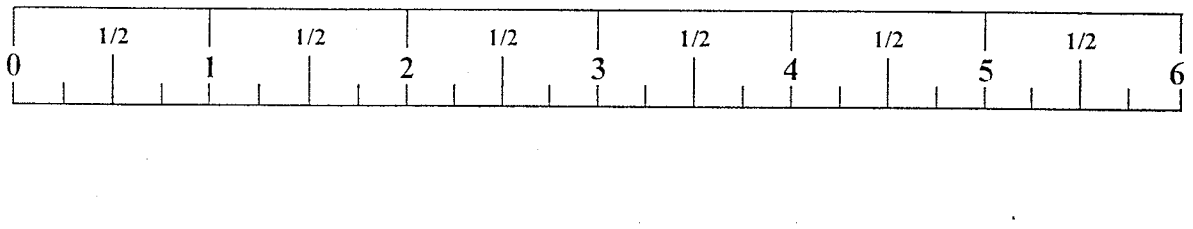
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 4 IN. BOLT	1
2.	3/8 X 1 IN. BOLT	1
3.	5/16 X 1/4 IN. SET SCREW	1
4.	3/8 IN. FENDER WASHER	1
5.	3/8 IN. WASHER	1
6.	3/8 IN. LOCK WASHER	2

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 4)*

11. Attach five (5) PARAGLIDE STRIPS to the end of the **RECEIVING TUBE**, and four (4) PARAGLIDE STRIPS to the end of the **PRESS ADJUSTMENT TUBE** as shown in **(DETAIL C)**, using the following steps: **(DOUBLE UP THE PARAGLIDE STRIPS ON THE SPRING PIN HOUSING SIDE OF THE RECEIVING TUBE)**

    - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
    - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.

12. Activate the CONTROL LEVER on the **PRESS ARM**, and slide the **PRESS ADJUSTMENT TUBE** into the **RECEIVING TUBE** as shown on drawing. Release the CONTROL LEVER and allow the **SPRING PIN** of the **PUSH/PULL CABLE** engage in the adjustment holes.

13. Insert two (2) 2 X 3 IN. END CAPS, and two (2) 3/4 IN. FLANGE BEARINGS into the PRESS ARM as shown on drawing.

14. Hold the **PRESS ARM** between the **REAR** and **MIDDLE UPRIGHTS** as shown in on drawing, and slide the **11-3/8 IN. AXLE** through the **MIDDLE UPRIGHT**, the **PRESS ARM**, and through the **COLLAR** on the **REAR UPRIGHT**. To **SECURE** the **AXLE** in place, insert one (1) 5/16 X 1/4 IN. SET SCREW, into the **COLLAR** on the **REAR UPRIGHT** and tighten it down onto the **AXLE. (SEE DETAIL D)**

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 4)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 7)*

- **THE INSTRUCTIONS FOR *(LEVEL 7)* ARE TO BE USED WITH THE *(LEVEL 7 DRAWING)***

1. Insert one (1) 1-3/4 IN. SQ. END CAP into the top end of the **BACK PAD SUPPORT**, as shown on drawing.

2. Assemble the **BACK PAD SUPPORT** to the front of the **PRESS SEAT BASE** as shown on drawing, using the **7-1/8 IN. AXLE. SECURE** the **AXLE** in place using two (2) 5/16 X 1/4 IN. SET SCREWS. One in each **COLLAR** on the **PRESS SEAT BASE.**

3. **SECURELY** assemble the **BACK PAD** to the **BACK PAD SUPPORT** as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

4. Pre-assemble the **ADJUSTABLE SEAT**, using the following steps:

    - Attach eight (8) PARAGLIDE STRIPS to the **ADJUSTABLE SEAT (FOUR ON EACH END)** as shown in **(DETAIL A)** using the following steps:
        - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
        - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
    - Insert one (1) 2 IN. SQ. END CAP into the front end of the **ADJUSTABLE SEAT** as shown on drawing.
    - **SECURELY** assemble the **SEAT PAD** to the **ADJUSTABLE SEAT** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
    - **SECURELY** Assemble one (1) SPRING PIN ASSEMBLY to the **SPRING PIN BARREL**, of the **ADJUSTABLE SEAT** as shown in **(DETAIL B). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
    - Pull back the SPRING PIN on the **ADJUSTABLE SEAT** and slide it over the end of the **BACK PAD SUPPORT** as shown on drawing. Engage the SPRING PIN into one of the adjustment holes. Secure the **ADJUSTABLE SEAT** in place with one (1) THUMBSCREW.
    - Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **BACK PAD SUPPORT** as shown on drawing.

5. Assemble the **PRESS SEAT SELECTORS** to the **BACK PAD SUPPORT** using the following steps:

    - Slide one (1) 7 IN. VINYL SLEEVE over the **HANDLE** of the **PRESS SEAT SELECTOR** as shown on drawing.
    - Assemble both **PRESS SEAT SELECTORS** to the **BACK PAD SUPPORT** as shown on drawing, using one (1) 1/2 X 5-1/2 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS SEAT SELECTORS TO ROTATE FREELY)**
    - Swivel both **PRESS SEAT SELECTORS** above the **T-REX PLATE** on the **PRESS SEAT BASE**, and **SECURELY** assemble the **4 IN. AXLE** between them as shown on drawing, using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(ALLOW THE AXLE TO SET INTO ANY SLOT ON THE T-REX PLATE)**

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 7)*

6. Attach one (1) **14 X 6 IN. NON SKID STRIP** to the **CALF LOW ROW ATTACHMENT** approximately where shown on drawing.

7. **SECURELY** assemble the **CALF LOW ROW ATTACHMENT** to the **PRESS SEAT BASE** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 7)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 4)*

- **THE INSTRUCTIONS FOR *(LEVEL 4)* ARE TO BE USED WITH THE *(LEVEL 4 DRAWING)***

1. Slide two (2) 1-1/4 X 7 IN. GRIPS over the **HORIZONTAL HANDLES**, and two (2) 1-1/4 X 5 IN. GRIPS over the **THRUST HANDLES** of the **PRESS ARM** as shown on drawing. **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**

2. Slide one (1) 4 IN. VINYL SLEEVE over the CONTROL LEVER. Then **SECURELY** assemble the CONTROL LEVER to the **TAB** on the **PRESS ARM** as shown in **(DETAIL A)**, using one (1) 3/8 IN. JOINT CONNECTOR CAP, one (1) #8 INT. TOOTH LOCK WASHER, and one (1) 8-32 X 3/16 IN. SCREW.

3. Insert the **PUSH/PULL CABLE** through the bottom of the **PRESS ARM** up to the CONTROL LEVER as shown in **(DETAIL A)**, and hold in place with one (1) E-RING.

4. **SECURELY** assemble the **PUSH/PULL CABLE** to the CONTROL LEVER as shown in **(DETAIL A)**, using one (1) 3/8 IN. JOINT CONNECTOR CAP, one (1) #8 INT. TOOTH LOCK WASHER, and one (1) 8-32 X 3/16 IN. SCREW.

5. Route the **PUSH/PULL CABLE** through the **PRESS ARM** as shown on drawing.

6. Insert two (2) 1/2 IN. FLANGE BEARINGS into the **RECEIVING TUBE** as shown on drawing.

7. Assemble the **RECEIVING TUBE** to the **PRESS ARM** as shown on drawing, using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE RECEIVING TUBE TO ROTATE FREELY)**

8. Assemble the **PUSH/PULL CABLE** to the **SPRING PIN HOUSING** on the **RECEIVING TUBE** as shown in **(DETAIL B)**, using one (1) SPRING, one (1) 1/2 IN. SPACER, and one (1) COTTER PIN, using the following steps:

   - Insert the PLUNGER of the **PUSH/PULL CABLE** through the first hole of the **HOUSING**.
   - Thread the first 1/4-28 IN. NUT to the bottom of the threaded end of the **CABLE**. Allow the other 1/4-28 IN. NUT to hang loose on the exposed **CABLE** until the **SPRING PIN ASSEMBLY** is complete.
   - Slip the SPRING and the 1/2 IN. SPACER over the end of the PLUNGER. **(IN THAT ORDER)**
   - Insert the PLUNGER through the second hole of the **HOUSING**.
   - Pull back 1/2 IN. SPACER on the PLUNGER and insert the COTTER PIN through the hole.
   - Thread the second 1/4-28 IN. NUT onto the threaded end of the **CABLE**, and cinch the two (2) 1/4-28 IN. NUTS around the flat.

9. **SECURELY** assemble one (1) **4-1/2 X 1 IN. PULLEY** to the **PRESS ADJUSTMENT TUBE** as shown on drawing, using one (1) 3/8 X 2-1/4 IN. BOLT, four (4) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

10. Slide two (2) 1 IN. DIA. END CAP over each end of the round tube on the end of the **PRESS ADJUSTMENT TUBE** as shown on drawing.

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 4)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

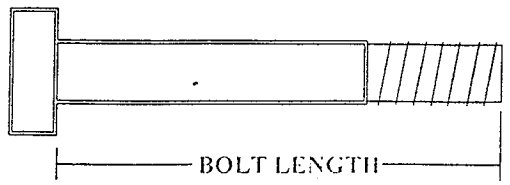
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/2 IN. BOLT	1
2.	3/8 X 2-1/4 IN. BOLT	1
3.	1/2 IN. WASHER	2
4.	3/8 IN. WASHER	4
5.	1/2 IN. LOCK NUT	1
6.	3/8 IN. LOCK NUT	1
7.	CONTROL LEVER	1
8.	3/4 IN. FLANGE BEARING	2
9.	1/2 IN. FLANGE BEARING	2
10.	3/8 IN. JOINT CONNECTOR CAP	2
11.	#8 INT. TOOTH LOCK WASHER	2
12.	8-32 X 3/16 IN. SCREW	2
13.	E-RING	1
14.	SPRING	1
15.	1/2 IN. SPACER	1
16.	COTTER PIN	1
17.	5/16 X 1/4 IN. SET SCREW	1
18.	2 X 3 IN. END CAP	2
19.	PARAGLIDE STRIP	9
20.	4 IN. VINYL SLEEVE	1
21.	1-1/4 X 7 IN. GRIP	2
22.	1-1/4 X 5 IN. GRIP	2
23.	1 IN. DIA. ROUND END CAP	2

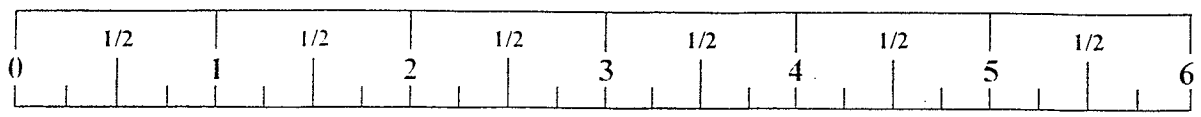
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	PRESS ARM	(6317303)	1
2.	RECEIVING TUBE	(6386003)	1
3.	PRESS ADJUSTMENT TUBE	(6319301)	1
4.	11-3/8 IN. AXLE	(6386101)	1
5.	PUSH/PULL CABLE	(6522201)	1
6.	4-1/2 X 1 IN. PULLEY	(3116101)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 8)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/4 IN. WASHER	1
2.	1/4-28 IN. NUT	2
3.	2 IN. VINYL CAP	1

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	D-RING	(6352303)	1
2.	D-RING CABLE	(6371201)	1

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 8)*

• THE INSTRUCTIONS FOR *(LEVEL 8)* ARE TO BE USED WITH THE *(LEVEL 8 DRAWING)*

1. To assemble the **D-RING CABLE**, follow the cable routing diagram on drawing, and use the following steps:

   - **SECURELY** assemble the **D-RING CABLE** to the **WEIGHT STACK SHAFT** of the **HEAD PLATE** as shown on drawing.
   - Route the **CABLE** up and over the two (2) **PULLEYS** in the **LAT BOOM** above the **WEIGHT STACK. (REMOVE PULLEYS FOR EASE OF INSTALLATION)**
   - Slide one (1) 2 IN. VINYL CAP over the end of the **D-RING** as shown on drawing.
   - **LOOSELY** assemble the **D-RING** to the **D-RING CABLE** as shown on drawing, using one (1) 1/4 IN. WASHER, and two (2) 1/4-28 IN. NUTS. **(LOCATE 1/4-28 NUTS HALF WAY UP ON THE THREADS OF THE D-RING CABLE. DO NOT TIGHTEN NUTS AT THIS TIME)**
   - SECURELY Tighten the two (2) **PULLEY** connections from the **SECOND STEP.**

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 8)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 3)*

• THE INSTRUCTIONS FOR *(LEVEL 3)* ARE TO BE USED WITH THE *(LEVEL 3 DRAWING)*

1. Slide two (2) 5 IN. VINYL SLEEVES over the **LAT BAR HOOK**, and attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **PRESS ARM STOP** on the **LAT BOOM** as shown on drawing.

2. **LOOSELY** assemble three (3) **3-1/2 X 1 IN. PULLEYS**, one (1) **4-1/2 X 2 IN. PULLEY**, and two (2) 1/2 IN. SPACERS to the inside of the **LAT BOOM** as shown in **(DETAIL A)**, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 X 2 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.

3. **LOOSELY** assemble the **LAT BOOM** to the top of the **REAR, MIDDLE,** and **FRONT UPRIGHTS** as shown on drawing, using three (3) 3/8 X 3 IN. BOLTS, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.

4. Insert the **GUIDE RODS** into the **BASE** as shown on drawing. **(NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES)**

NOTE: **THE TWO (2) WEIGHT STACK SPACERS, AND THE TWO (2) 3/4 IN. WASHERS IN STEP 5 ARE TO BE USED WHEN ASSEMBLING A 150 LB. STACK. IF ASSEMBLING A 200 LB. STACK AT THIS TIME PLEASE DISCARD THESE ITEMS.**

5. Slide two (2) **WEIGHT STACK SPACERS (RADIUS EDGE FACING UP)**, two 3/4 IN. WASHERS, and two (2) WEIGHT STACK CUSHIONS **(IN THAT ORDER)** down over the **GUIDE RODS.**

NOTE: **THE WEIGHT STACK SHAFT IN STEP 6 IS TO BE USED WHEN ASSEMBLING A 150 LB. STACK. IF ASSEMBLING A 200 LB. STACK AT THIS TIME PLEASE DISCARD THIS ITEM AND REPLACE WITH THE WEIGHT STACK SHAFT USED IN THE (50 LB. ADD-ON KIT 359101).**

6. **SECURELY** assemble the **WEIGHT STACK SHAFT** to the **HEAD PLATE** as shown on drawing, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.

7. Snap two (2) WEIGHT PLATE BUSHINGS each, into fifteen (15) **WEIGHT PLATES** as shown in **(DETAIL B). (IF ASSEMBLING A 200 LB. STACK AT THIS TIME, SNAP TWO (2) WEIGHT PLATE BUSHINGS EACH INTO THE REMAINING FIVE (5) WEIGHT PLATES)**

8. <u>USING EXTREME CARE</u> slide all fifteen (or twenty) **WEIGHT PLATES** down over the **GUIDE RODS** onto the WEIGHT STACK CUSHIONS as shown on drawing. **(MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING THE SAME WAY)**

9. Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK** as shown on drawing.

10. Swing the **GUIDE RODS** under the **LAT BOOM** as shown on drawing, and hold in place with two (2) GUIDE ROD PINS.

11. Attach the **WEIGHT STACK LABELS** to the **WEIGHT STACK** as shown on drawing. Also insert the WEIGHT STACK SELECTOR PIN into the first **WEIGHT PLATE** of the **WEIGHT STACK.**

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 3)*

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 3)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

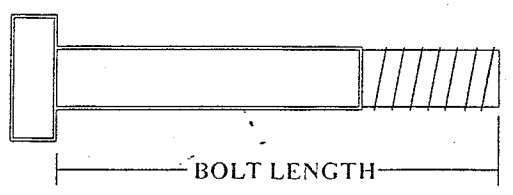
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	5
2.	3/8 X 2 IN. BOLT	2
3.	3/8 X 1-1/2 IN. BOLT	1
4.	3/4 IN. WASHER	2
5.	3/8 IN. WASHER	15
6.	3/8 IN. LOCK WASHER	1
7.	3/8 IN. LOCK NUT	7
8.	WEIGHT STACK SELECTOR PIN	1
9.	GUIDE ROD PIN	2
10.	1/2 IN. SPACER	2
11.	5 IN. VINYL SLEEVE	2
12.	1-1/4 IN. SQ. RUBBER BUMPER	1
13.	WEIGHT PLATE BUSHING	30
14.	WEIGHT STACK CUSHION	2

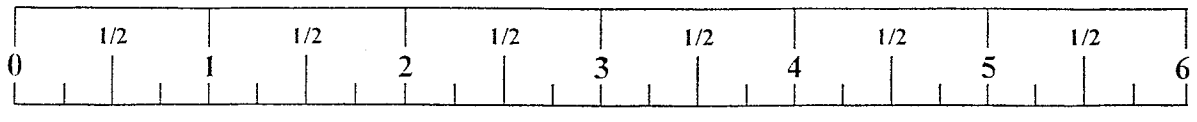
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	LAT BOOM	(6352803)	1
2.	GUIDE ROD	(6374601)	2
3.	WEIGHT STACK SPACER	(6375903)	2
4.	WEIGHT PLATE	(6214501)	15
5.	WEIGHT STACK SHAFT	(6266001)	1
6.	HEAD PLATE	(6223001)	1
7.	WEIGHT STACK LABELS	(6189501)	1
8.	3-1/2 X 1 IN. PULLEY	(3116201)	3
9.	4-1/2 X 2 IN. PULLEY	(3116102)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 9)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

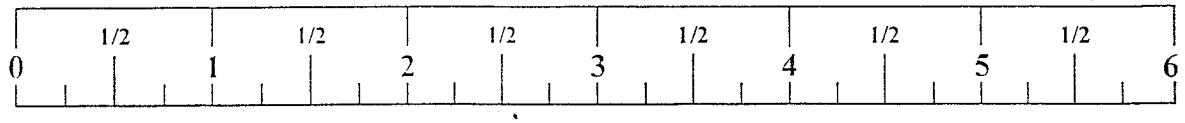
ITEM	NAME/DESCRIPTION	QTY
1.	1/4 X 2-3/4 IN. BOLT	2
2.	1/4 IN. WASHER	4
3.	1/4 IN. LOCK NUT	2
4.	D-RING CABLE CLIP	1
5.	SNAP LINK	1
6.	SWIVEL	1
7.	2 IN. PULLEY	6
8.	3/8 I.D. X 1/8 IN. SPACER	4
9.	3/8 I.D. X 1/4 IN. SPACER	4
10.	1 X 8 IN. GRIP	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	LAT BAR	(6275302)	1
2.	LAT CABLE	(6371701)	1
3.	SHOCK CORD	(6271801)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

BOLT LENGTH RULER:



700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 9)*

• THE INSTRUCTIONS FOR *(LEVEL 9)* ARE TO BE USED WITH THE *(LEVEL 9 DRAWING)*

1. To assemble the **LAT CABLE**, follow the cable routing diagram on drawing, and use the following steps:
   - Attach one (1) SNAP LINK to the **SWIVEL** end of the **LAT CABLE** as shown in **(DETAIL A)**.
   - Route the **LAT CABLE** as shown on drawing. **(ALSO SEE VIEW D-D)**
   - Run the **LAT CABLE** through the hole of the **D-RING** as shown in **(DETAIL B)**, and attach one (1) D-RING CABLE CLIP around the ball end of the **LAT CABLE**.
2. Assemble six (6) 2 IN. PULLEYS, four (4) 3/8 I.D. X 1/8 IN. SPACERS, and four (4) 3/8 I.D. X 1/4 IN. SPACERS to the **LAT BOOM** as shown in **(DETAIL C)**, using two (2) 1/4 X 2-3/4 IN. BOLTS, four (4) 1/4 IN. WASHERS, and two (2) 1/4 IN. LOCK NUTS.
3. Attach one (1) **SHOCK CORD** to the **D-RING CABLE CLIP** on the end of the **LAT CABLE** as shown in **(DETAIL B)**.
4. Route the **SHOCK CORD** up and around the pre-determined 2 IN. PULLEY above the **D-RING** as shown in **(VIEW E-E)**, and down to the **BASE**.
5. Attach one (1) SWIVEL to the end of the SHOCK CORD. Slip the end of the SWIVEL over the **L-PIN** on the **BASE**, and position the SWIVEL directly over the **FIRST PULLEY** as shown in **(VIEW D-D)** on drawing.
6. Tighten the two (2) remaining **PULLEY** connections on the **TOP BOOM. (NOTE: DO NOT OVER TIGHTEN THIS CONNECTION THE 2 IN. PULLEYS MUST BE ABLE TO ROTATE FREELY)**
7. Slide two (2) 1 X 8 IN. GRIPS over each end of the **LAT BAR** as shown on drawing. **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**
8. Attach the **LAT BAR** to the SNAP HOOK on the end of the **LAT CABLE** as shown on drawing.

!!! WARNING !!!

DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES. ALSO THE LAT BAR IS NOT TO BE USED FOR PULL-UPS.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 9)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 2)*

• THE INSTRUCTIONS FOR *(LEVEL 2)* ARE TO BE USED WITH THE *(LEVEL 2 DRAWING)*

1. **LOOSELY** assemble the **REAR** and **MIDDLE UPRIGHTS** to the **BASE** and the **PRESS SEAT BASE** as shown on drawing, using four (4) 3/8 X 4 IN. BOLTS, two (2) 3/8 X 3 IN. BOLTS, twelve (12) 3/8 IN. WASHERS, and six (6) 3/8 IN. LOCK NUTS.
2. **SECURELY** assemble one (1) **4-1/2 X 2 IN. PULLEY** to the **FRONT UPRIGHT** as shown on drawing, using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
3. **LOOSELY** assemble the **FRONT UPRIGHT** to the **BASE** as shown on drawing, using one (1) 3/8 X 4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
4. **LOOSELY** assemble the **SEAT SUPPORT** to the front of the **BASE**, and then to the **FRONT UPRIGHT** as shown on drawing, using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 X 4 IN. BOLTS, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.
5. Insert one (1) 2 IN. SQ. END CAP into the end of the **SEAT SUPPORT** as shown on drawing.
6. **SECURELY** Assemble one (1) SPRING PIN ASSEMBLY to the **SPRING PIN BARREL**, of the **SEAT SUPPORT** as shown in (DETAIL A). **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
7. Attach one (1) THUMBSCREW to the **SEAT SUPPORT** as shown on drawing.
8. Assemble two (2) **ROLLER PADS** to the **FRONT UPRIGHT** as shown on drawing, using one (1) **ROLLER PAD SHAFT**, and two (2) 3/4 I.D. STAR LOCK COLLARS.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 2)*

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 2)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

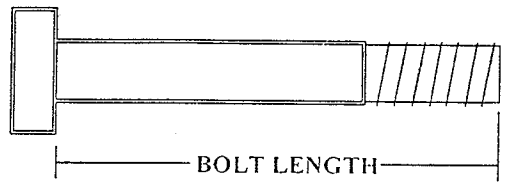
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 4 IN. BOLT	7
2.	3/8 X 3 IN. BOLT	4
3.	3/8 IN. WASHER	22
4.	3/8 IN. LOCK NUT	11
5.	SPRING PIN ASSEMBLY	1
6.	3/4 I.D. STAR LOCK COLLAR	2
7.	THUMBSCREW	1
8.	2 IN. SQ. END CAP	1

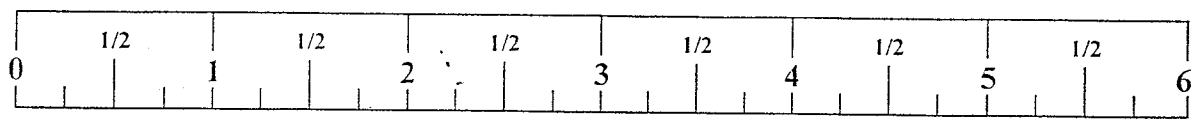
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	REAR UPRIGHT	(6372503)	1
2.	MIDDLE UPRIGHT	(6376403)	1
3.	FRONT UPRIGHT	(6374503)	1
4.	SEAT SUPPORT	(6412103)	1
5.	ROLLER PAD SHAFT	(6125102)	1
6.	ROLLER PAD	(6194601)	2
7.	4-1/2 X 2 IN. PULLEY	(3116102)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 10)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	SNAP LINK	2
2.	D-RING CABLE CLIP	1
3.	SWIVEL	1
4.	1 X 8 IN. GRIP	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	LOW ROW BAR	(6389701)	1
2.	CHAIN	(6075905)	1
3.	MULTI-PRESS CABLE	(6371501)	1
4.	SHOCK CORD	(6271801)	1
5.	CALF DIP BELT	(6240001)	1
6.	ANKLE STRAP	(6389501)	1
7.	WORKOUT MANUAL	(6386501)	1

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 10)*

• THE INSTRUCTIONS FOR *(LEVEL 10)* ARE TO BE USED WITH THE *(LEVEL 10 DRAWING)*

1. To assemble the **MULTI-PRESS CABLE**, follow the cable routing diagram on drawing, and use the following steps:

   - Attach one (1) SNAP LINK to the end of the **MULTI-PRESS CABLE** as shown in **(DETAIL A)**.
   - Route the **MULTI-PRESS CABLE** as shown on drawing. **(ALSO SEE VIEW C-C)**

NOTE: **AFTER CABLE HAS BEEN ROUTED, MAKE SURE THAT THE CABLE RUNNING OVER THE LAST PULLEY OF THE PRESS SEAT BASE, IS RUNNING VERTICALLY INTO THE PULLEY IN BASE DIRECTLY BELOW. IF THE CABLE IS NOT RUNNING VERTICALLY, ADJUST THE PULLEY FORWARD OR BACKWARDS. WHEN CABLE IS VERTICAL RE TIGHTEN THE PULLEY IN THE BASE SECURELY.**

   - Run the **MULTI-PRESS CABLE** through the pre-determined hole of the **D-RING** as shown in **(DETAIL B)**, and attach one (1) D-RING CABLE CLIP around the ball end of the **MULTI-PRESS CABLE**.

2. Attach one (1) **SHOCK CORD** to the **D-RING CABLE CLIP** on the end of the **MULTI-PRESS CABLE** as shown in **(DETAIL B)**.

3. Route the **SHOCK CORD** up and around the pre-determined 2 IN. PULLEY above the **D-RING** as shown in **(VIEW D-D)**, and down to the **BASE**.

4. Attach one (1) SWIVEL to the end of the **SHOCK CORD**. Slip the end of the SWIVEL over the **L-PIN** on the **BASE**, and position the SWIVEL directly over the **SECOND PULLEY** as shown in **(VIEW C-C)** on drawing. **(THE SWIVEL FOR THE LAT CABLE WILL HAVE TO BE REMOVED TEMPORARILY IN ORDER TO POSITION THE SWIVEL FOR THE MULTI-PRESS CABLE OVER THE SECOND PULLEY)**

5. Attach the **CHAIN** to the SNAP LINK on the end of the **MULTI-PRESS CABLE** as shown on drawing.

6. Slide two (2) 1 X 8 IN. GRIPS over each end of the **LOW ROW BAR** as shown on drawing. **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**

7. Attach one (1) SNAP LINK to the desired link on the **CHAIN**, and attach any of the following pieces to the SNAP,LINK:

   - LOW ROW BAR.
   - CALF DIP BELT.
   - ANKLE STRAP.

   Follow the **WORK-OUT MANUAL** on how to use each one of these pieces.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 10)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 1)*

8. **LOOSELY** assemble the **PRESS SEAT BASE** to the **BASE** as shown on drawing, using two (2) 3/8 X 1 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.

9. **SECURELY** assemble four (4) **4-1/2 X 1 IN. PULLEYS**, and four (4) 1/2 IN. SPACERS, into the **TRAY** of the **BASE** as shown on drawing, using two (2) 3/8 X 4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.

10. **LOOSELY** assemble one (1) **4-1/2 X 2 IN. PULLEY** and two (2) 1/2 IN. SPACERS to the **TRAY** of the **BASE** as shown on drawing, using one (1) 3/8 X 4-1/2 IN BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 1)*

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 1)*

THANK YOU

FOR PURCHASING THE *PARABODY 525*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE *PARABODY 525* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME CONNECTIONS LOOSE, UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, 7/16 SOCKET or WRENCH, 1/2 SOCKET or WRENCH, ADJUSTABLE WRENCH, PHILLIPS SCREWDRIVER, 5/32 ALLEN WRENCH, LEVEL, and RUBBER MALLET or HAMMER

- THE INSTRUCTIONS FOR *(LEVEL 1)* ARE TO BE USED WITH THE *(LEVEL 1 DRAWING)*

1. Insert two (2) 2 X 3 IN. END CAPS, and two (2) 2 IN. SQ. END CAPS to the **BASE** as shown on drawing.
2. Insert two (2) 2 IN. SQ. END CAPS, and one (1) 1-1/2 X 2 IN. END CAP to the **PRESS SEAT BASE** as shown on drawing.
3. Attach two (2) pieces of EDGE TRIM to the **PRESS SEAT BASE** as shown on drawing.
4. **SECURELY** assemble one (1) **4-1/2 X 1 IN. PULLEY** to the **SWIVEL BRACKET** as shown on drawing, using one (1) 3/8 X 2-1/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
5. Insert two (2) 1/2 IN. FLANGE BEARINGS to the **SWIVEL BRACKET** as shown on drawing.
6. Assemble the **SWIVEL BRACKET** to the **PRESS SEAT BASE** as shown on drawing, using one (1) 1/2 X 4 IN. BOLT, and one (1) 1/2 IN. LOCK NUT. **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE SWIVEL BRACKET TO ROTATE FREELY)**
7. **SECURELY** assemble one (1) **4-1/2 X 2 IN. PULLEY** to the rear of the **PRESS SEAT BASE** as shown on drawing, using one (1) 3/8 X 3-1/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 11)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	D-RING CABLE CLIP	1
2.	SWIVEL	1

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	AB CRUNCH CABLE	(6371601)	1
2.	SHOCK CORD	(6271801)	1
3.	AB CRUNCH STRAP	(6375801)	1

700 PARABODY 525 ASSEMBLY INSTRUCTIONS *(LEVEL 11)*

• THE INSTRUCTIONS FOR *(LEVEL 11)* ARE TO BE USED WITH THE *(LEVEL 11 DRAWING)*

1. To assemble the **AB CRUNCH CABLE**, follow the cable routing diagram on drawing, and use the following steps:

   - Attach the **AB CRUNCH STRAP** to the end of the **AB CRUNCH CABLE (HANDLE LOOPS FACING UP)** as shown in **(DETAIL A)**.
   - Route the **AB CRUNCH CABLE** as shown on drawing. **(ALSO SEE VIEW C-C)**
   - Run the **AB CRUNCH CABLE** through the pre-determined hole of the **D-RING** as shown in **(DETAIL B)**, and attach one (1) D-RING CABLE CLIP around the ball end of the **AB CRUNCH CABLE**.

2. Attach one (1) **SHOCK CORD** to the **D-RING CABLE CLIP** on the end of the **AB CRUNCH CABLE** as shown in **(DETAIL B)**.

3. Route the **SHOCK CORD** up and around the pre-determined 2 IN. PULLEY above the **D-RING** as shown in **(VIEW D-D)**, and down to the **BASE**.

4. Attach one (1) SWIVEL to the end of the **SHOCK CORD**. Slip the end of the SWIVEL over the **L-PIN** on the **BASE**, and position the SWIVEL directly over the **SECOND PULLEY** as shown in **(VIEW C-C)** on drawing.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 11)*

700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 1)*

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

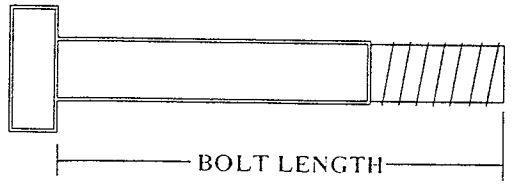
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN. BOLT	1
2.	3/8 X 4-1/2 IN. BOLT	1
3.	3/8 X 4 IN. BOLT	2
4.	3/8 X 3-1/4 IN. BOLT	1
5.	3/8 X 2-1/4 IN. BOLT	1
6.	3/8 X 1 IN. BOLT	2
7.	3/8 IN. WASHER	14
8.	1/2 IN. LOCK NUT	1
9.	3/8 IN. LOCK NUT	7
10.	1/2 IN. SPACER	6
11.	1/2 IN. FLANGE BEARING	2
12.	2 X 3 IN. END CAP	2
13.	2 IN. SQ. END CAP	4
14.	1-1/2 X 2 IN. END CAP	1
15.	EDGE TRIM	2

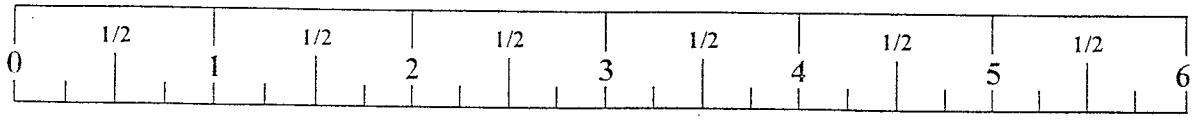
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BASE	(6353403)	1
2.	PRESS SEAT BASE	(6352603)	1
3.	SWIVEL BRACKET	(6321603)	1
4.	4-1/2 X 2 IN. PULLEY	(3116102)	2
5.	4-1/2 X 1 IN. PULLEY	(3116101)	5

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

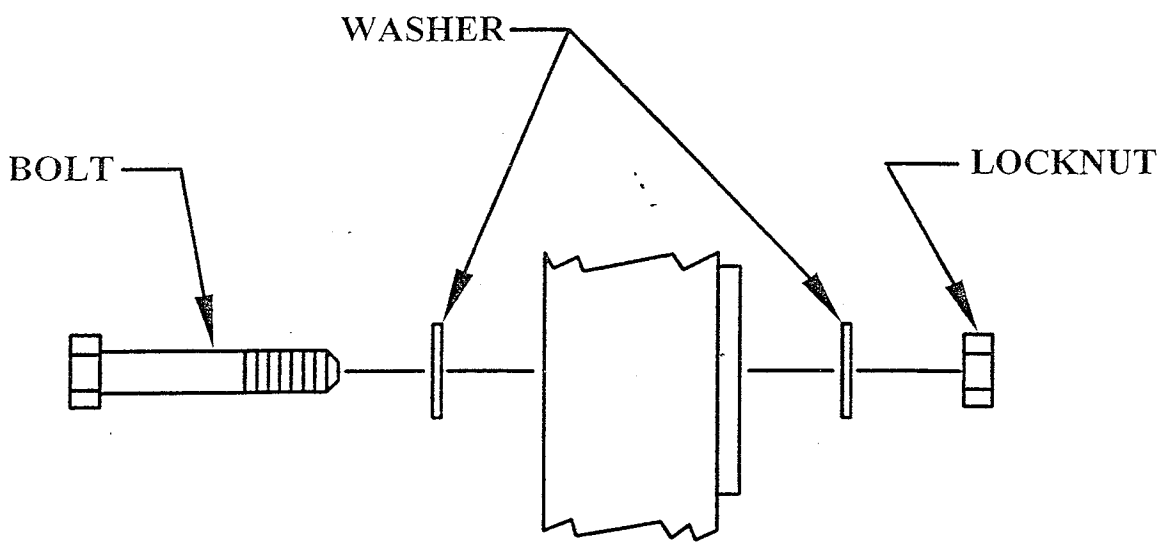


BOLT LENGTH RULER:



!!! ATTENTION !!!

UNLESS OTHERWISE SHOWN, ALL CONNECTIONS WILL CONSIST OF ONE (1) BOLT, TWO (2) WASHERS, AND ONE (1) LOCK NUT.



700 PARABODY 525 ASSEMBLY PARTS LIST *(LEVEL 12)*

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

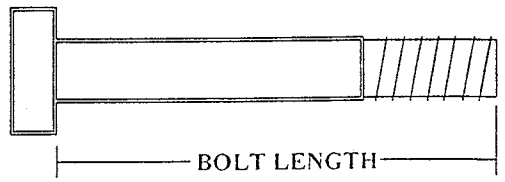
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	5/16 X 1 IN. BOLT	1
2.	5/16 IN. S.A.E. WASHER	2
3.	5/16 IN. LOCK WASHER	1
4.	5/16 IN. NUT	1
5.	D-RING CABLE CLIP	1
6.	SWIVEL	1
7.	1/2 IN. VINYL CAP	2
8.	SHROUD FASTENER 3000661	14

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	LEG CURL/EXTENSION CABLE	(6412301)	1
2.	SHOCK CORD	(6271801)	1
3.	SHROUD	(6374701)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER: